The world's largest global newspaper
metro®
VANCOUVER • TUESDAY FEBRUARY 9 2010 metronews.ca

*Samsung Flight $69.99, Nokia 5800 $79.99, Samsung Forever $69.99, LG Pop $19.99 and LG Xenon (blue) $49.99; all available with new activation on any 3-yr. term voice plan. Taxes extra. Early cancellation fees apply.

™Rogers & Mobius Design are trademarks of or used under license from or with permission of Rogers Communications Inc. or an affiliate. All other brand names and logos are trademarks of their respective owners. © 2010 Rogers Wireless.

COLONEL CHARGED IN TWO MURDERS, PG6

Hallmark
5 days 'til Valentine's Day
Visit your nearest Hallmark Gold Crown Store

The world's largest global newspaper
metro
VANCOUVER • TUESDAY, FEBRUARY 9, 2010 metronews.ca

Every minute of every day, someone needs blood.
Please call 1 888 2 DONATE ext.222
Canadian Blood Services
it's in you to give
BLOOD.CA 1 888 2 DONATE

Commercial on Canada-U.S. ties to air in D.C.

VANCOUVER 2010 Games

BELTWAY A 30-second commercial lauding the close ties between Canada and the U.S. will air on Washington, D.C's NBC affiliate dozens of times during the upcoming Vancouver Winter Games.

The organization behind the ad, the Canadian American Business Council, said it marks the first time such a commercial has aired "inside the Beltway" — in other words, to an audience of powerful movers and shakers — during such a significant, avidly watched event.

THE CANADIAN PRESS

News on the Move
What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3
metronews.ca SCANLIFE

Celebrity Buzz pg 24
Pattinson gets hot in new film

Vancouver Games
Countdown to 2010
Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.
• Today — Controversy at Salt Lake Games leads to revised scoring system for figure skating, page 16

On the web
Visit metronews.ca for news updates

ShareYourViews
vancouverletters@metronews.ca

Please recycle

ARNOLD: JUSTIN SULLIVAN BUBLE: PASCAL LE SEGRETAIN PAYETTE: MATT STROSHANE ARDEN: EVAN AGOSTINI/ALL GETTY IMAGES

VANOC announced the celebrity torchbearers who will take part in the relay's final days as it enters Vancouver. Among them are, clockwise from top left, California Gov. Arnold Schwarzenegger, crooner Michael Bublé, astronaut Julie Payette and singer Jann Arden.

Terminator to carry torch

California governor among celebs to mark relay's final days

VANCOUVER 2010 Games

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Arnie's back — as promised — and he's carrying the Olympic Flame through Stanley Park on Friday for the last day of the torch relay.

Arnold Schwarzenegger is part of a star-studded cast of torchbearers — most of whom are Canadian — carrying the flame through Vancouver as it winds its way to B.C. Place.

Homegrown singers Jann Arden and Michael Bublé will be running on Thursday, as will former Vancouver Canuck Richard Brodeur. Canadian astronaut Julie Payette is also taking part in the relay's final days.

After the Governator makes his run, he'll pass the torch to Sebastian Coe, chair of the London 2012 Organizing Committee.

The fathers of two of Canada's most beloved icons — Terry Fox's dad Rolly Fox and Wayne Gretzky's father Walter Gretzky — will carry the torch through English Bay.

By then, the flame will have travelled 45,000 kilometres and passed through the hands of 12,000 Canadians in 1,000 communities in the longest torch relay in Olympic history.

Former Canadian speed skater Catriona Le May Doan and tri-athlete Simon Whitfield lit the first torch after the flame landed in Victoria from Greece more than 100 days ago.

The identity of the final torchbearer, who will run it into B.C. Place to light the cauldron during the opening ceremonies, is being kept secret and is anyone's guess.

"Let me just answer it this way by saying the list is not exhaustive, so I will let you do your own research ... but I actually believe, that Betty Fox is running in Coquitlam," said John Furlong, CEO of the local organizing committee. "These are just the ones I've added today."

45,000-km relay

- Canada's vast, rugged landscape required the Olympic torch to travel by mountain bike, canoe, dog sled, zamboni and more. Tomorrow, it'll travel up Grouse Mountain on top of the gondola carried by an aboriginal torchbearer.
- Who do you think will light the final torchbearer? Send your guesses to vancouverletters@metronews.ca.

Pedobear mistaken for mascot

MEDIA A Vancouver artist says he's "enjoying his 15 minutes of fame" after a Polish newspaper accidentally published a rendering of the Vancouver 2010 mascots that includes a notorious Internet character known as Pedobear.

Pedobear, right, in The Gazeta.

Michael Barrick combined the official Olympic mascots with Pedobear, an Internet character used for years in unmoderated online forums to shame users who expressed sexual interest in young people.

"When I first saw the Olympic mascots their design was similar to this character with some bad connotations," Barrick told Metro in an exclusive interview yesterday. "Combining them was an aesthetic critique."

Barrick created the image of Pedobear with Quatchi, Miga, Sumi and Mukmuk in July 2009. Last Thursday someone at The Gazeta Olsztynska found it online and used it to illustrate a feature on the Vancouver Olympics.

"I thought it was funny," Barrick said. "It was a good illustration of the kind of fact checking that goes on at a lot of media now."

After the feature was posted to a popular Polish website Barrick's personal blog started seeing a lot more hits.

"The post the day before this happened garnered about 27,000 views in January, which I thought was a lot. In one day alone, Sunday, I got 155,000 views."

Barrick's popularity got a shot in the arm when The Telegraph, a major British newspaper, wrote about the Pedobear mixup.

"Everybody gets their 15 minutes. If he was still alive today, Andy Warhol would've been proud," Barrick said. FERNANDO CARNEIRO/ METRO VANCOUVER

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

CIBC offers the ULTIMATE CHOICE in travel cards.

EARN MILES FASTER

CIBC AEROGOLD® VISA INFINITE™

Nobody gets you there faster.®1

- Earn 1 Aeroplan® Mile for every dollar you spend[1] plus earn faster by shopping at over 150 Aeroplan partners

aeroplan

- Redeem and fly to over 900 destinations on Canada's leading airline, Air Canada, or any of the other Star Alliance™1 carriers

FLY ANY AIRLINE

CIBC AVENTURA®1 VISA INFINITE™

Enjoy maximum flexibility.

- Enjoy the flexibility to redeem for any available seat on hundreds of airlines worldwide[2]
- Use your Aventura Points towards vacation packages, cruises and last-minute travel
- Exchange your Aventura Points for Aeroplan Miles[3]

EARN 50% MORE

Aeroplan Miles or Aventura Points at gas, grocery and drugstores[4]

APPLY TODAY AND RECEIVE
15,000
WELCOME BONUS REWARDS

Apply today and earn a Welcome Bonus[5] of 15,000 Aeroplan® Miles or Aventura Points.

Visit a CIBC branch, cibc.com or call 1 866 454-4323.

CIBC

For what matters.

Card applicants must meet income and other Visa Infinite Card criteria. **1** Miles are earned only on net Card purchases, not on Cheques or other activity. Aeroplan Miles are not actual miles but points redeemable for Rewards; Aeroplan Partners, rules and regulations may change without notice. Taxes, fees and surcharges may apply to Rewards. **2** Aventura Airline Rewards cover up to a maximum ticket cost; any excess cost plus taxes, fees and surcharges must be charged to Card or paid for with Points. **3** Miles must be converted in 10,000 point increments. **4** The 50% More Reward Offer applies to first $80,000 in net annual Card purchases per CIBC Visa Infinite Account at merchants classified in the Visa network as grocery stores, service stations or drugstores (some merchants may sell these products/services, but are classified otherwise). Ask for details. **5** Welcome Bonus: applies to new, approved primary cardholders only; is awarded after first Card purchase; cannot be combined with other offers; may not apply if an existing CIBC Visa Card is converted into this Card; may be changed or withdrawn anytime. ®Aeroplan and Aerogold are registered trademarks of Aeroplan Canada Inc. CIBC is an authorized licensee of the marks. ®1Reg. TM of CIBC. ™1Star Alliance is a Registered Trademark. "CIBC For what matters." is a TM of CIBC.

News on the Move IN THREE EASY STEPS

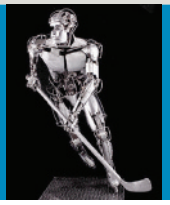
1 DOWNLOAD THE **FREE** SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA

ScanLife

Local



Hockey meets art

A life-size retro-futurist metal sculpture, left, of a hockey player — aptly named Hockey Player — will be on display at Canada Hockey Place (GM Place) during the Vancouver Olympics. It'll be placed at Gate 3 for the Games, but may be moved elsewhere in the arena later, the Vancouver Canucks announced yesterday. METRO VANCOUVER

Throne speech expected to focus on Games

POLITICS The B.C. government will return to the legislature today for a three-day, pre-Olympics political warm-up that includes a throne speech and a historic visit in the legislature from Prime Minister Stephen Harper.

The Liberal party rejigged the legislative calendar to accommodate this week's political session and the almost three-week break for the Games, followed by the tabling of the budget, which is forecast to include a $1.7-billion deficit.

The throne speech traditionally lays out the political agenda for the coming months, but political pundits suggest this version will be light on policy initiatives, heavy on rah-rah Olympics boosterism and possibly sprinkled with hints of future budget cuts. THE CANADIAN PRESS

Olympics taking toll on taxis

It's hard to pick up fares and easy to get tickets, cabbies say

KRISTEN THOMPSON
kristen.thompson@metronews.ca

With the Canada Line taking much-needed business from Vancouver taxi drivers, the Olympics and its influx of tourists were meant to be a light at the end of the tunnel for the struggling industry.

But new driving restrictions are making it nearly impossible for cabbies to pick up fares and they're getting ticketed for stopping downtown, said the owner of Black Top and Checker Cabs.

Amrik Mahil said business is down about 45 per cent from previous years because of the Canada Line and the recession, and the Olympic road closures and stopping restrictions are compounding the issue.

KRISTEN THOMPSON/METRO VANCOUVER

Amrik Mahil, president of Black Top and Checker Cabs, poses outside of King Edward Canada Line Station yesterday.

"Our mobility has been affected," he said. "You can't stop to pick up (passengers) anywhere ... and we can't drop them off where they want to be dropped off."

Drivers who do pull over are getting tickets.

"I wish (police) were a bit more lenient, but ... there's no exceptions," said Mahil, adding that drivers are working 12- to 15-hour shifts just to break even.

"My wife had to take a second job to supplement our income," he said.

"We're as eager to make the Games as successful as everyone else ... and we want to be able to serve people.

"There are a lot of taxis. It's a question of moving (about the city)."

RCMP find newborn baby's body in landfill

GREG DOWNS
for Metro Vancouver

DEATH A newborn baby boy has been found dead in the Burns Bog Landfill, RCMP said yesterday.

An unnamed source told police on Feb. 4 that a woman dumped her newborn into a nearby school dumpster. As many as 35 police officers searched the landfill until the infant was found on Sunday, which RCMP Cpl. Jennifer Pound said was both a relief and a shock.

"I know each of those members were searching through there very anxiously, it's not something you want to have to do," said Pound. "At the end of it, it was horrifying for them, but they were also relieved to have found the baby."

The suspect is a 20-year-old woman who police said gave birth to a baby boy in a bathroom by herself while her boyfriend slept on a couch. The woman and the boyfriend then allegedly wrapped the baby in a towel, put him in a garbage bag and put the baby boy in a dumpster, police said.

The case is still under investigation, with an autopsy scheduled to determine if the baby was alive when put in the dumpster.

News in brief

TORCH RELAY United We Can founder Ken Lyotier was named as Vancouver's community torchbearer and will light the community cauldron at LiveCity Yaletown on Thursday. Lyotier, a former binner, accepts the torch from crooner Michael Buble.

TODAY SHOW Vancouver Mayor Gregor Robertson was expected to appear this morning on the top-rated U.S. morning television program the Today Show. Robertson was on air at 4 a.m.

SNOW Dry ice is being used to prevent snow from melting on Cypress Mountain runs. Plastic tubes pumped full of −78 C dry ice have been placed in the centre of the moguls. METRO NEWS SERVICES

metronews.ca
WHAT'S ONLINE TODAY

Play online games at metronews.ca/play

Blogs Sexcetera checks in with some unique Valentine's Day gift ideas and fashion columnist Kenya Hunt goes style-watching in New York City

ADVERTISE TODAY!
1 888 91 metro (63876)

metro
*fan*tastic CITY
COMPETITION
Become a fan of Metro on FACEBOOK and you could
WIN
airfare for 2 to one of Metro's *fan*tastic cities in Canada!
VISIT facebook.com/vancouvermetro

m.metronews.ca
Scan this barcode for more Local news on your smartphone.
Learn how to scan the barcode with the instructions at the top of this page

Marijuana ineffective in treating Alzheimer's: UBC study
A new UBC study found that marijuana does not help temper the effects of Alzheimer's, as previously suspected. The study was conducted on mice. METRO VANCOUVER

Commutes faring well so far

BeatTheTraffic

Michel McDermott

I'm so impressed with how well things have been going with both the morning and afternoon commutes considering all of the Olympic road and lane closures — I hope I'm not jinxing it.

Yes, it's still early, but traffic has only been heavier than usual along Hastings and Pender streets because of the closure of the Georgia and Dunsmuir viaducts. Main Street has had its moments of slow traffic too, but nowhere near the gridlock we were expecting.

Transit gets a gold medal too! Buses are a little more crowded, and there are more people using SkyTrain, but with the longer trains and more buses there have been very few, if any, complaints.

And did you know that as of yesterday there is an extra SeaBus in service? Three vessels are in service daily from 10 a.m. to 12:01 a.m.

Commuter concerns for the next couple days? We lose the Cambie Street Bridge tomorrow between noon to midnight for the opening ceremonies dress rehearsal, and then again on Friday for the real thing.

On Thursday, the Sea-to-Sky Highway restrictions go into effect with permit-only travel between 6 a.m. and 6 p.m.

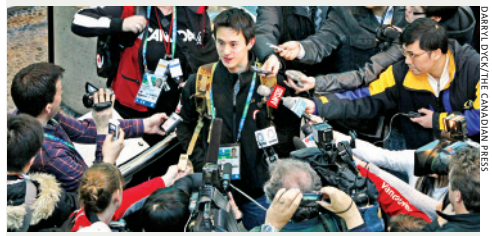
On Friday, the pedestrian corridors become a reality downtown along Robson, Hamilton and Beatty streets, to name only a few.

Tip of the day

• Hey, North Shore commuters! The West Vancouver passenger ferry has 15 new runs to accommodate Olympic traffic. Tomorrow, and Feb. 12 to 28, the ferry will not only take you from West Van's 14th Street Pier to Vancouver's Coal Harbour, but also to Granville Island. Travel time, 10 minutes! Visit coastallinkferries.com for more information.

Watch Michel weekday mornings on Breakfast Television and her nightly Traffic Forecasts on Cityty, cable 13.

Figure skating **Medal contender**



DARRYL DYCK/THE CANADIAN PRESS

Canadian figure skater Patrick Chan of Toronto is surrounded by media upon his arrival at Vancouver International Airport yesterday. Chan is expected to win a medal at the 2010 Games.

News in brief

ART An ice art installation will be unveiled today in Richmond. The Ice Gate, by Sunshine Coast artist Gordon Halloran, is a four-metre-high painted wall of ice, stretching almost 30 metres. It will be placed at Richmond's O Zone. METRO NEWS SERVICES

SPORTSACTION PROPS

Now bet on almost anything that can happen in the game!

Tuesday February 9 CALGARY @ OTTAWA (HKY)

PROP #	PROP
#15	Will JEROME IGINLA score a goal?
#16	Will DANIEL ALFREDSSON score a goal?
#21	Will OTTAWA score first?

Tuesday February 9 VANCOUVER @ TAMPA BAY (HKY)

PROP #	PROP
#23	Will ALEX BURROWS score a goal?
#25	Will MARTIN ST.LOUIS score a goal?
#26	Will HENRIK SEDIN score a goal?
#29	Will 2 goals or more be scored in the 3rd PERIOD?
#30	Will VANCOUVER score first?
#32	Will VANCOUVER be the last team to score in the game?

For the complete Props menu and odds, visit
www.bclc.com/sportsaction

bclc *Know your limit, play within it.* 19+ YEARS

Chinese New Year parade ready for eyes of the world

JEFF HODSON
jeff.hodson@metronews.ca

CELEBRATION This year's Chinese New Year parade will be earlier and shorter, but organizers are jazzed that the popular annual event will help show off the city's culture on a massive international stage.

The annual Spring Festival Parade, which traditionally draws tens of thousands of people, takes place on Sunday, the second day of Olympic competition — only blocks from the B.C. Place and Hockey Canada House (GM Place) Olympic venues.

Due to the Games, the parade will start two-and-a-half hours early, at 9:30 a.m., and be wrapped up by 11 a.m.

The route is also shorter, beginning at Columbia and East Pender, and not at the Millennium Gate as it has in past years.

Co-chair Peter Kwok said the event will "enhance cross-cultural understanding" while showing off the best of Chinese culture to visitors from around the world.

Afterwards, five dance troupes and one lion-dance team will head up stairs at the end of Pender Place to the Downtown LiveCity site.

More than 50 groups and 2,400 participants will take part in the parade.

Follow Metro on Twitter for news updates and more: @vancouvermetro

Rehearsal **Flower ceremony**

CHARLES KRUPA/THE ASSOCIATED PRESS

Workers stage a rehearsal of the flower ceremony in Whistler yesterday for the Vancouver 2010 Winter Olympics.

Students burn up dance floor that measures their energy

STIG NIELSEN
for Metro Vancouver

POWER SMART A floor that converts dance moves into energy was unveiled by B.C. Hydro yesterday.

It'll be placed at the company's Power Smart Village on Dunsmuir Street.

Students from Strathcona Primary School tested out the dance floor, which shows dancers how much energy they generate as they bust their moves.

"It's pretty cool," said Xander Chen, 8. "It had all the lights, and it was pretty cool that we generated electricity."

Power Smart spokesperson Simi Heer said, "We're encouraging people to come out and learn about energy conservation in a fun way."

The Power Smart Village will open tomorrow and run until the end of the Paralympics.

News in brief

KANGAROO FLAG The Boxing Kangaroo has won its fight with the IOC. The flag draped over the balcony in the Athletes' Village will be allowed to stay after team officials worked out a deal with the IOC to make it an official team symbol.

DEMONSTRATION Anti-Olympic groups are planning a large event in downtown Vancouver to coincide with Friday's opening ceremonies, but international Olympic officials say they're not concerned the demonstration will pose any serious problems.

DOPING TESTS Olympic doping testing is underway. Two-hundred samples have been taken from athletes since testing clinics opened on Feb 4. It's a small number compared to the 2,000 tests the International Olympic Committee expect to carry out.

METRO NEWS SERVICES

Acadia

Sierra 1500

Yukon

Terrain

~~MAY~~ THE BEST CARS ~~WIN.~~ WON.

GMC

Winning these Consumers Digest Best Buy Awards tells us we're building the professional grade vehicles that hard working people want. This means exceptional quality and outstanding value. Learn more about this award and our winning models at gmc.gm.ca

vancouver 2010
OFFICIAL VEHICLE

The Best Buy seal is a registered trademark of Consumers Digest Communications, LLC, used under licence. *GMC is a brand of General Motors of Canada, the Official Vehicle Partner of the Vancouver 2010 Olympic and Paralympic Winter Games. TM© 2009, VANOC. Used under Licence.

Judge tired of delays

Justice Robert Maranger told a hearing in Ottawa that he wants to see a date set soon in the extradition hearing of Hassan Diab, 56, a professor accused of bombing a Paris synagogue. The French government wants Diab to stand trial in France. THE CANADIAN PRESS

Canada

Banned from Tim's

A man says he's been banned from two Tim Hortons outlets in St. Andrews, N.B., because of his complaints about the decaf, but the company says it made the decision after he became aggressive with staff. Jimmy Craig says he voiced his displeasure on several occasions over the last two years about "burnt" decaffeinated coffee, but says he was always polite. THE CANADIAN PRESS

Community in shock

CFB Trenton's top soldier faces two murder charges

The Canadian military was rocked to its core yesterday following the bombshell allegation that the colonel in command of the country's largest air force base had killed two women and sexually assaulted two others.

Col. Russell Williams, a 46-year-old career member of the Canadian Forces, was charged yesterday with first-degree murder in the deaths of Jessica Lloyd, 27, of Belleville, and Marie France Comeau, a 38-year-old corporal with CFB Trenton's 437 squadron, who was killed last November.

"We're all shocked," said Lt. Annie Morin, a public affairs officer at CFB Trenton.

Williams was an elite pilot, a "shining bright star" of the military who rose through the ranks during his 23-year career to fly the prime minister and Governor General across Canada and overseas in one of four Canadian Forces Challenger jets.

BILL TRESLAY/THE INDEPENDENT BRIGHTON/TORSTAR NEWS SERVICE

Col. Russell Williams, centre, in a file photo taken at CFB Trenton last July. Williams was charged yesterday with first-degree murder and sexual assault.

He is now also charged with sexual assault and forcible confinement in attacks on two other women in the region during home invasions last September.

Williams was appointed as the base commander of CFB Trenton last July.

Marie Comeau

Jessica Lloyd

Yesterday, military brass expressed their condolences to the families of the victims and shock at who police had named as the suspect.

"Everybody is so surprised, we just do not know what to think about this," said Maj.-Gen. Yvan Blondin, Commander of 1 Canadian Air Division and Williams's superior officer. THE CANADIAN PRESS

Nun forgives man declared not criminally responsible in slaying of friend

MONTREAL Minutes after a court found Martin Rondeau not criminally responsible for beating an elderly nun to death, the nun's superior delivered her own spiritual judgment: Forgiveness.

Sister Superior Pauline Massicotte said it didn't take long for her and other nuns to find compassion for the man who killed their friend.

"We forgave him right away because he is a human being," Massicotte said outside the courtroom yesterday.

"He's not evil, he's not mean. If the sister were here today, she would have forgiven him." THE CANADIAN PRESS

Plan could save money, and lives

HEALTH A national plan to promote healthier living and reduce heart disease and strokes could save the country $76 billion between now and 2020 — if it meets just some of its targets — a new report says.

The Conference Board of Canada analysed the potential savings of a heart health plan put together last year by a coalition of groups, including the Heart and Stroke Foundation of Canada.

The strategy promotes healthier living — less smoking, more exercise, better diet — to reduce some of the underlying causes of stroke and heart disease, including obesity and diabetes.

Supporters of the plan hope the March 4 federal budget will include financing to make it a reality. THE CANADIAN PRESS

Heart disease

$20.9B Total annual cost of cardiovascular diseases in 2005.

$28.3B Forecast total annual cost of cardiovascular diseases in 2020.

Women and children first: NDP

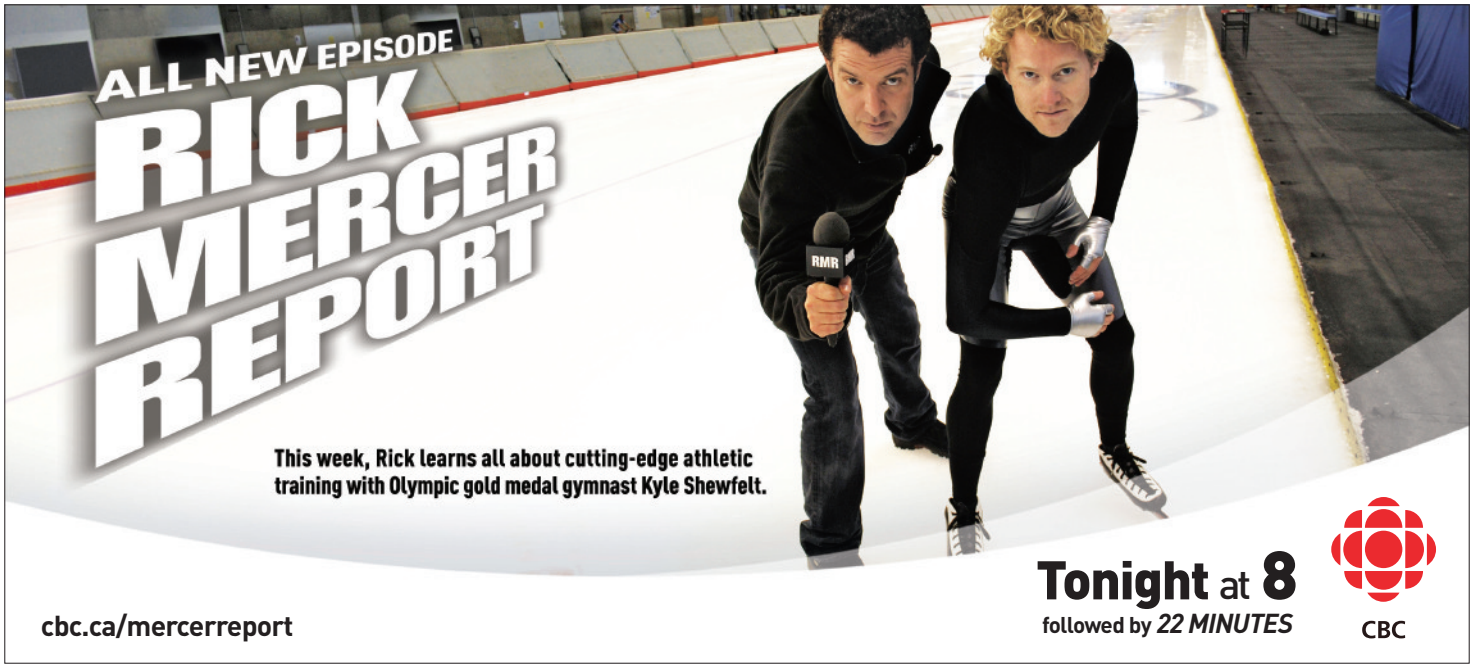
POLITICS Canada cannot lecture other countries on helping women and children until it cleans up its own act, says NDP Leader Jack Layton.

Jack Layton

Prime Minister Stephen Harper says he wants to make maternal and child health a priority at the G8 summit in Huntsville, Ont., in June.

"If Canada is going to lead, then we've got to be credible and that means the government cannot continue to overlook the worsening plight of women and children right here in Canada," Layton told reporters yesterday, adding Harper's commitment "came a little bit out of the blue."

Layton said far too many children in Canada continue to live in poverty. TORSTAR NEWS SERVICE



Economy tops agenda

PM speaks with Alta. business leaders

Carbon capture and the state of the economy topped the agenda when Prime Minister Stephen Harper met with Calgary business leaders yesterday.

Cal Nichols, chairman of the Alberta Enterprise Group, said they also talked about how long stimulus funds should continue. He said everyone agreed the money can't last forever, but it appears current programs are to continue.

Doug Mitchell, co-chairman of a Calgary law firm, said there's a positive mood among business leaders even though Canada's economic recovery is fragile.

Harper didn't speak to reporters before heading to another budget discussion with politicians.

THE CANADIAN PRESS

New rules

• The Prime Minister's Office says political aides should not interfere with the decisions public servants make when deciding what documents to release. **Scan the barcode for the full story.**

Reform pressure rising

OTTAWA A new poll suggests Canadians would rather reform the unelected Senate than abolish it or keep it as it is.

The Canadian Press Harris-Decima survey indicates 59 per cent of respondents believed senators should be elected. By contrast, only 27 per cent thought the Senate should be abolished, and a mere 10 per cent wanted the prime minister to continue appointing senators.

The survey was conducted just as Prime Minister Stephen Harper was appointing five more partisans to the Senate — finally giving the Conservatives the numerical upper hand.

> **"Pressure to reform may increase over the long term."**
> Doug Anderson

Harper has indicated he will use his party's Senate dominance to revive legislation that would impose term limits on senators and create a process to elect them.

Doug Anderson, senior vice-president of Harris-Decima, said respondents under 35 were particularly keen on electing senators suggesting "pressure to reform may increase over the long term."

THE CANADIAN PRESS

U WORK
U DRIVE
YES YOU CAN OWN A VEHICLE!
• BUY HERE • PAY HERE
No Credit
Bad Credit
Divorce
Repossession
Bankruptcy
Separated
Slow Payer
High Debt Service
First Time Buyer
Refused by Bank
YOU'RE APPROVED
GUARANTEED IN HOUSE FINANCING
ALWAYS APPROVED.CA
JOHN 604-723-7063
www.alwaysapproved.ca
D5489

Sears

Cosmetics and Fragrance Gala
Join us Tuesday, February 9, 2010
from 1 p.m. to store closing in our Cosmetics & Fragrances Department and take advantage of our exclusive offers, expert advice, sampling, refreshments & much more!

Purchase your $10 Gala ticket and receive a
$10 Sears Cash Card*
redeemable on your next purchase when you spend $50 or more** on cosmetics and fragrances.

This month, help us
Welcome
the world

*Cash Card valid until March 31, 2010. **Before taxes.

NE022G310 © 2010. Sears Canada Inc.

Deadly avalanche in India

A massive avalanche plowed into an Indian army training centre at a ski resort in Kashmir yesterday, killing 17 soldiers and critically injuring 17 others. Fifty-three troops were rescued after the speeding mass of snow and ice struck the centre high on a Himalayan slope, police said. THE ASSOCIATED PRESS

World

U.S. to set up new climate agency

U.S. President Barack Obama's administration is forming a new agency to study and report on the changing climate. Climate change has drawn widespread concern in recent years as temperatures around the world rise, threatening to harm crops, spread disease, increase sea levels, change storm and drought patterns and cause polar melting. THE ASSOCIATED PRESS

Candidate arrested on coup charges

Sri Lanka's defeated presidential candidate was hauled from his office by military police yesterday and will be court-martialled for allegedly planning to overthrow the government while serving as the head of the army.

Sarath Fonseka, who as the top general helped defeat the Tamil Tiger rebels, was forcibly detained after objecting to his arrest, opposition politician Rauff Hakeem told The Associated Press.

Fonseka and President Mahinda Rajapaksa were once strong allies who combined to end the country's 25-year civil war last May. But they subsequently fell out, and Fonseka quit his post.

They contested a bitter election last month for the presidency that Rajapaksa won.

Officials have repeatedly accused Fonseka of plotting to kill Rajapaksa and overthrow the government with the help of army deserters and former military officers since the election. Fonseka has called the allegations fabricated and vowed to push on with his political career.

A number of serving officers, which the government said were considered to be a threat to national security, have been fired.

Since the Jan. 26 election, Fonseka has complained that the government was attempting to arrest him on trumped up charges.

Last week, security forces raided his office and arrested at least 15 of his staff. THE ASSOCIATED PRESS

'Carried away'

- Mano Ganeshan, an opposition lawmaker, said Fonseka was "arrested and forcibly carried away" while having a discussion with a group of political allies.

Dubai **Burj Khalifa closed**

KAMRAN JEBREILI/THE ASSOCIATED PRESS

The world's tallest skyscraper has unexpectedly closed to the public a month after its lavish opening. Electrical problems are at least partly to blame for the closure of the Burj Khalifa's viewing platform — the only part of the half-mile high tower open yet.

Tainted milk still on shelves

CHINA The discovery has punched a 170-ton hole in China's promises to overhaul its food safety system. Officials say they've found yet another case where large amounts of tainted milk powder from the country's 2008 scandal that should have been destroyed were instead repackaged. Officials issued a recall for more than 170 tons of milk powder tainted by the industrial chemical melamine and closed two dairy companies, the China Daily newspaper reported. THE ASSOCIATED PRESS

m.metronews.ca

ScanLife

Could former top Bush officials be the next to face questioning by a U.K. probe into the invasion of Iraq? Scan this code for the story.

IT IS ALL ABOUT LOVE
THIS THURSDAY!

Love is a great thing and Metro will be celebrating it with our readers worldwide. This whole week we'll be featuring stories revolving around the theme of LOVE.

Valentine's Day Metro special - out this Thursday

We'd also like to hear from you! Send us your message to your sweetheart and a picture together, and we'll run the best ones in our Friday edition.

We will accept submissions to vancouverletters@metronews.ca or on Twitter @vancouvermetro

metro

Important update from Toyota Canada.

There has been a lot of talk about Toyota. Here are the facts for our customers.

Your safety remains our number one priority:

- In the interest of our customers, Toyota has and will continue to thoroughly investigate concerns related to our products and address issues that are identified.
- We will continue to take appropriate measures to remedy any problems, should they arise, and will notify our customers as quickly as possible.

The latest update on the sticking accelerator pedal recall:

- All Dealers have received repair parts and Toyota trained technicians have begun to modify affected vehicles.
- Our Dealers are here to service your vehicle, many will be working extended hours.

Toyota vehicles are designed and manufactured with your safety in mind. Our worldwide organization has been mobilized and we are redoubling our efforts to improve and continue to provide our customers with quality products.

Since we began selling cars in Canada more than 45 years ago, we have been committed to providing you with dependable, quality products. You, in turn, have rewarded us with your loyalty and confidence. Our goal is to continue to earn that trust each and every day.

For the latest information, please visit our updated website at toyota.ca, contact your Dealer, or our Customer Interaction Centre at 1-888-TOYOTA-8 (1-888-869-6828).

TOYOTA

London Bobby jailed
A senior London cop has been sentenced to four years in jail for assaulting and falsely arresting a 24-year-old Iraqi over a minor financial dispute. THE ASSOCIATED PRESS

News in brief

WASHINGTON Republicans gave a chilly reception to President Barack Obama's invitation to discuss health care in a bipartisan, televised setting later this month, part of the White House effort to revive the stalled legislation. The House and Senate Republican leaders said Obama and his fellow Democrats must shelve their long-debated health care bill. THE ASSOCIATED PRESS

Afghan troops set to play biggest role yet in war

AFGHANISTAN Thousands of Afghan soldiers and police will join U.S. and NATO troops in an upcoming offensive in southern Afghanistan, playing their biggest role in any joint operation of the Afghan war.

The pending attack on the Taliban-held town of Marjah in Helmand province will be a crucial test for the NATO strategy of transferring more responsibility to the Afghans so foreign troops can go home.

Exact numbers of NATO and Afghan troops earmarked for the assault on Marjah have not been disclosed for security reasons. However, U.S. and Afghan officers said the percentage of Afghan soldiers and police will be far greater than the 10-to-one ratio of Americans to Afghans during the last major offensive in Helmand province last summer.

Whatever the real figures, NATO and Afghan officials are going out of their way to promote the attack on Marjah as an Afghan-led joint operation.

THE ASSOCIATED PRESS

A U.S. soldier helps an earthquake survivor carry rice from a food distribution point yesterday in Port-au-Prince, Haiti.

Vaccination effort launched in Haiti

Haiti Crisis

Aid groups say they are launching an emergency vaccination campaign for 140,000 people in Haiti to protect them against measles and other diseases.

The campaign is being conducted by the international Red Cross federation, the World Health Organization, UNICEF and the Haitian Health Ministry.

A Red Cross statement says the campaign will focus on the capital Port-au-Prince because the disease risk to earthquake victims there is greatest.

The federation expected to start by vaccinating about 1,800 people yesterday at a camp on the old airport runway and then move on to hundreds of other camps over the next two weeks.

Vaccinations will also be against diphtheria and tetanus.

Meanwhile, more than five dozen Haitian migrants detained as they sailed north through the Bahamas will be returned directly to the earthquake-ravaged country, the Bahamian prime minister said yesterday.

Two Royal Bahamas Defence Force vessels intercepted a boat carrying the 62 Haitians on Saturday, Prime Minister Hubert Ingraham said.

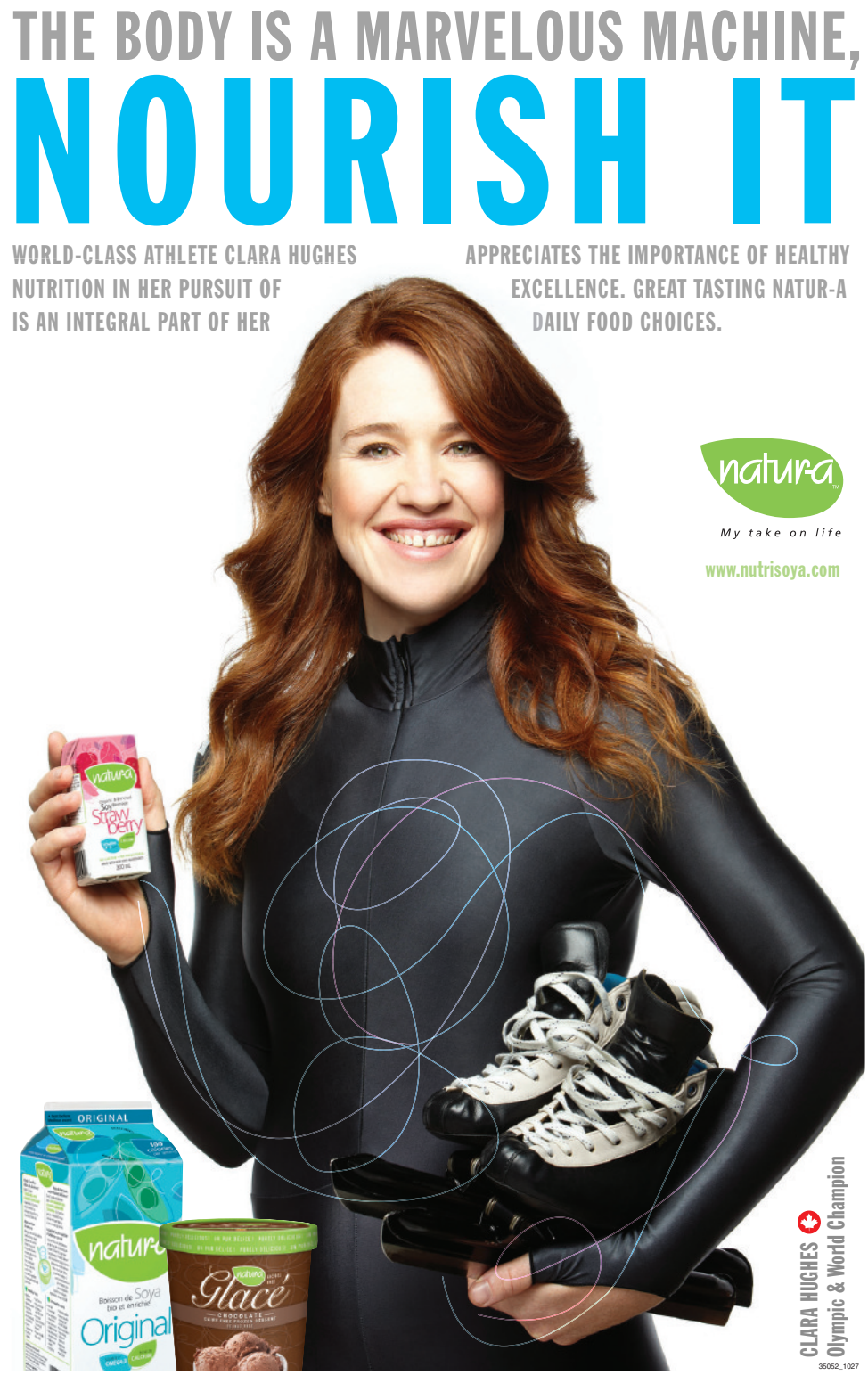
While the Bahamas has made it easier for Haitian immigrants already in the country to stay since the earthquake, Ingraham said the government will not change its policy toward undocumented migrants found at sea.

"We will do all we can to assist Haiti except we cannot absorb Haiti's population in the Bahamas," Ingraham told The Associated Press.

The Jan. 12 earthquake has raised fears of mass migration from the desperately poor country south of the Bahamas.

Since then, fleeing Haitian migrants have been stopped on two vessels in the Bahamas and another in the Turks and Caicos Islands.

THE ASSOCIATED PRESS



WINTER SALE
50% OFF SELECTED MERCHANDISE

BARE BASICS
VANCOUVER: 4431 W 10th Avenue • 604-224-3777
RICHMOND: 3871 Moncton Street • 604-271-5330

Lack of evidence derails trial against Sudanese rebel leader

The International Criminal Court has dismissed the case against a Sudanese rebel leader, ruling that prosecutors had failed to provide sufficient evidence. THE ASSOCIATED PRESS

world 11

Endeavour **Morning commute**

JOHN RAOUX/THE ASSOCIATED PRESS

Space Shuttle Endeavour lifts off from the Kennedy Space Center at Cape Canaveral, Fla., yesterday. It will deliver a large room with a cupola to the International Space Station.

Iran moves closer to nukes

Iran pressed ahead with plans that will increase its ability to make nuclear weapons as it formally informed the UN nuclear agency of its intention to enrich uranium to higher levels.

Alarmed world powers questioned the rationale behind the move yesterday and warned the country it could face more UN sanctions if it made good on its intentions.

Iran maintains its nuclear activities are peaceful, and an envoy insisted the move was meant only to provide fuel for Tehran's research reactor. But world powers fearing that Iran's enrichment program might be a cover for a weapons program were critical.

Britain said the Islamic Republic's reason for further enrichment made no sense because it is not technically advanced enough to turn the resulting material into the fuel rods needed for the reactor.

France and the U.S. said the latest Iranian move left no choice but to push harder for a fourth set of U.N. Security Council sanctions to punish Iran's nuclear defiance.

Telling The Associated Press that his country now had formally told the International Atomic Energy Agency of its intentions, Iranian envoy Ali Asghar Soltanieh said that IAEA inspectors now overseeing enrichment to low levels would be able to stay on site to monitor the process. THE ASSOCIATED PRESS

Plan rejected

- Western powers blame Iran for rejecting an internationally endorsed plan to take Iranian low enriched uranium, further enriching it and return it in the form of fuel rods for the reactor — and in broader terms for turning down other overtures meant to diminish nuclear concerns.

News in brief

IMMIGRATION France's prime minister says the government will ensure that newly arrived immigrants receive training on gender equality and the French language as part of efforts to better integrate them into society. That measure and others come as the government ponders how to cultivate pride in being French and better integrate immigrants. The measures stem from three months of sometimes noisy and occasionally racist debate on what it means to be French. THE ASSOCIATED PRESS

THE SHP FIREPLACE WAREHOUSE

INSERT MADNESS!

Lowest prices of the year on all Monessen gas fireplace inserts!

FEBRUARY ONLY!

Distributors of: Savannah Heating Products Ltd. | Big Green Egg | Monessen | Lexington Forge

#105 - 11091 Bridgeport Road, Richmond, 604-231-8923

www.thefireplacewarehouse.ca • Mon. to Fri. 9 a.m. - 5 p.m., Sat. 10 a.m. - 4 p.m.

Comwave Knocks Out the Competition with Guaranteed Lowest Rates FOR LIFE!

If you EVER Find a Lower Rate Simply Call us and we'll Beat it... Guaranteed!

UNLIMITED

Calling to INDIA

(From Your Home or EVEN from your CELL PHONE)

$29.95 /month

CUBA 89.9 ¢/min | INDIA 2.9 ¢/min | PAKISTAN 5.9 ¢/min | PHILIPPINES 11.9 ¢/min

Afghanistan	24.9 ¢	Fiji	24.9 ¢
Bangladesh	from 3.9 ¢	Ghana	9.9 ¢
Barbados	9.9 ¢	Greece	2.9 ¢
Chile	2.9 ¢	Guatemala	10.9 ¢
China	2.9 ¢	Guyana	27.9 ¢
Ecuador	12.9 ¢	Honduras	15.9 ¢
El Salvador	9.9 ¢	Iraq	from 4.9 ¢
Jamaica	8.9 ¢	Israel	2.9 ¢
Jordan	3.9 ¢	Italy	2.9 ¢
Kenya	from 6.9 ¢	Russia	from 2.9 ¢
Kuwait	6.9 ¢	Saudi Arabia	from 3.9 ¢
Lebanon	9.9 ¢	South Korea	2.9 ¢
Libya	24.9 ¢	Sri Lanka	11.9 ¢
Nepal	from 7.9 ¢	Trinidad	4.9 ¢
Oman	14.9 ¢	U.A.E.	16.9 ¢

If the Country you call is not listed, call now and we'll beat the rate you are currently paying.

UNLIMITED

Calling to Anywhere in CANADA

From your Home or Cell Phone!

$5 /month

Make Long Distance and Overseas Calls From Your CELL PHONE!

(at our GUARANTEED LOWEST RATES!)

- No need to cancel your service provider.
- $10 Free Long Distance for every friend you refer
- No Contracts

comwave®

1-866-380-6055 comwave.net

VANCOUVER
Publisher, Maryse Lalonde
Managing Editor, Fernando Carneiro
Distribution Mgr, George Acimovic

METRO CANADA
Group Publisher, Bill McDonald
Editor-in-Chief, Charlotte Empey
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA
METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

America's crisis our crisis

NationalReport
Lawrence Martin
metronews.ca/nationalreport

Before everyone gets down on Barack Obama, it should be remembered that it was George W. Bush who gave the country two wars, a staggering deficit and debt, no health care or environmental plan, a disparaged worldwide reputation and an economy on the verge of collapse.

Given the inherited conditions, no president, no matter how skilled or brilliant, could have righted the American ship in the space of a year. Nor will it be set right for years to come. The deficit is an inconceivable $1.6-trillion. Unemployment will remain high. His health-care plan is in trouble. Troops will return from Iraq, but roll into Afghanistan. The defence budget will remain at an insane level of almost a trillion a year. The Republican right, with its lynch-gang mentality, will block progressive change. The country will continue to lose ground to China.

The outlook is the worst America has had in memory. The era of Vietnam, Watergate, race riots and stagflation was destructive, but the American engine was far more dominant then, less indebted, facing less competition. There is today the added threat of terrorism. It's been almost nine years since 9-11 and there have been no terrorist hits on American soil. But the paranoia remains. All it would take for the country to go into lockdown would be one small terrorist strike.

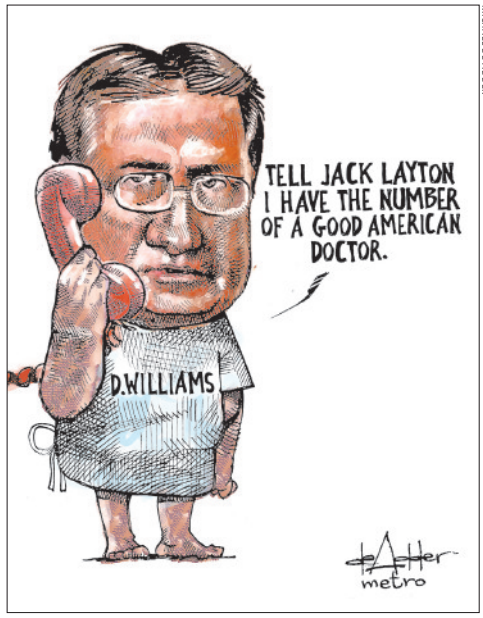
In Canada we look on somewhat blithely, not realizing America's crisis is our crisis. Our economy is doing better than theirs, but with 75 per cent of our trade dependent on the U.S. market, the old rule still applies — as America goes, so goes the great white north. We have done nowhere near enough to develop alternative markets. With the hollowing-out phenomenon, most of our national champions have been sold off. Our productivity is embarrassingly low. We are overly dependent on a natural resource economy with all its fluctuations.

Successive minority governments in Ottawa have had the effect of stifling the debate, turning everything into political theatre, the result being there has been no long-range planning.

The Conservative government deserves some credit for recently reaching an agreement that will prevent Buy-American laws from impacting Canada heavily. But there is next to no debate among any of the parties on the decline of the United States and what the corresponding Canadian strategy, across a wide range of areas, should be.

The United States has been our lifeblood. As it falls into its worst decline in over a century, you'd think there would be a greater sense of anxiety. Instead what we have is complacency.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

What's best for Haiti's kids hard to determine

InStep
Christine Williams

Determining the best interest of the child is a daunting task in our own culture, let alone Haiti. The catastrophic quake has rendered hundreds of thousands of children orphaned. With the international community and the Haitian government trying to put the pieces together, the overlapping convergence of corruption, the black market threat and well-meaning, overzealous efforts leaves these children in a precarious clutch.

According to the global Corruptions Perceptions Index and the International Red Cross, the Haitian government ranks among the world's most corrupt with its citizens living under harsh, grinding poverty. Yet the government is guardian over the well-being of vulnerable children following the devastating quake. The Haitian government recently demonstrated its heavy-handedness with members of an American Baptist church on an eager rescue mission, without government authorization. These less than sagacious members were apprehended and arrested for allegedly kidnapping Haitian children. With government collaborated adoptions, no one knows how much money goes into its coffers and whether the motive is really in the children's interest or to market them off to wealthier families abroad.

"To suggest that Haitians, in turn, be stripped of their personal rights to dignity and self determination is ethically immoral. Many families may eventually opt for the adoption choice, but it should be theirs."

Economically speaking, it is inarguable that Haitian children adopted by overseas parents have come into a windfall, but ethically speaking, this does not give helpers' the right to determine these grief-stricken children's future before families have been reunited and consulted.

Haitians have always known the scourge of poverty and government corruption. Struck by the catastrophic quake, they are now vulnerable and desperately needy of international support, but to suggest that Haitians, in turn, be stripped of their personal rights to dignity and self determination is ethically immoral. Many families may eventually opt for the adoption choice, but it should be theirs. The purest form of giving is with patience, compassion and sensitivity.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

Worth mentioning

Do teens still relate to Holden Caulfield's angst?

BOOKS Zoe Miller, 16, likes J.D. Salinger's The Catcher in the Rye so much that her copy is dog-eared from multiple readings. And she wishes her parents had spelled her name Zooey instead of Zoe, in honour of another Salinger book, "Franny and Zooey."

But Becky Johnston-Carter, 19, hates Catcher so much that she made a YouTube video in which she stabbed the book with a knife, then burned it in a barbecue grill.

When Salinger died last month, The Catcher in the Rye was heralded as the ultimate depiction of modern teenage angst. But while Catcher is widely taught, do 21st-century teenagers still relate to the book's moody narrator Holden Caulfield? Or has Catcher, first published in 1951, become just another classic shoved down kids' throats?

Passions rage on both sides.

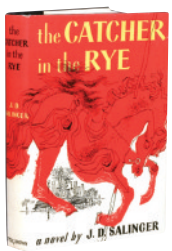
Li Goldberg, a freshman at Bard College at Simon's Rock in Great Barrington, Mass., says when she read Catcher, she could hear Holden's "voice and felt him as a friend. I understood his philosophy on phoneys and why he was acting the way he was."

Li recalled standing up for Holden in her high school English class after another student dismissed him as an "emo."

"That was a lively class," said Daniel Lewis, Li's teacher at Lincoln-Sudbury High School in Lincoln, Mass., where Catcher is taught to ninth-graders. "It was great that there was that energy and connecting with the book."

Lewis says that while teenagers still relate to Holden on a visceral, emotional level, reading Catcher can be a challenge.

He said teens also still relate to Holden's "deep distrust of the adult world" and his "to hell with the world" attitude and "lack of connection to his parents."



THE CANADIAN PRESS

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

CAW wants plant closing investigated
The Canadian Autoworkers Union is calling on the federal and Ontario governments to investigate Xstrata PLC's reasons for closing its site in Timmins, Ont. The mining giant said last December that it plans to close its copper and zinc operations in the northern Ontario city in May. THE CANADIAN PRESS

Business

DOLLAR	N.GAS	OIL	TSX
US 93.07¢	US $5.40	US $71.89	11,115.30
US 0.39¢	US 11.4¢	US 70¢	107.82

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

METRO Chinese train company Zhuzhou Electric Locomotive expects to create up to 1,000 new jobs in Montreal if it beats a Bombardier-Alstom consortium bid to build new subway cars for Montreal's Metro system. The company said yesterday it would assemble the subway cars in a Montreal-area plant to respect the requirement that 60 per cent of the content be Canadian.

TELUS Technology firm Wi-Lan Inc. says it has signed a letter of intent to settle a lawsuit filed by Telus Communications Inc., which claimed ownership interests in several patents.

THE CANADIAN PRESS

m.metronews.ca

With it's fiscal house in shambles, Greece faces years of pain and sacrifice, with or without an EU bailout. Scan this code for the story.

Real Estate services could get cheaper

Group seeks to have MLS rules changed

Homebuyers and sellers could see a significant decrease in transaction fees if Canada's Competition Bureau wins a challenge to the Canadian Real Estate Association's all-or-nothing pricing structure, according to a bureau spokesman.

The Competition Bureau has been discussing the matter with the association since 2007 after receiving several complaints, but the CREA has not been willing to make changes to its practices, said the spokesman, who asked not to be identified by name.

Yesterday, the bureau filed an application with the Competition Tribunal seeking to strike down the CREA's specific rules on the use of its Multiple Listing Service.

Among other things, the bureau alleges that the CREA's rules limit choices for consumers and forces them to pay for services they don't want, while also stifling innovation in the market for residential real estate services.

For example, agents are forbidden from offering consumers the option of simply paying a fee to list a home on MLS, it says.

Under current rules, real estate agents must handle all details of the transaction, although there are some services that consumers might wish to do on their own, such as booking interviews to view the property or making an offer.

THE CANADIAN PRESS

Lower prices?

- A spokesman with Canada's Competition Bureau said that in the United States, where many such restrictive rules have been lifted, fee prices had dropped significantly and now range from $99 US to $500 US, much lower than in Canada.

DRAMA. SUSPENSE. COMEDY.
Visit metronews.ca to watch metrotube of the day

G4S Security Services (Canada) Ltd.
The Leading International Security Provider
FT & PT positions
Must have BST 1 & 2
Operations Department
fax 604-683-0621

PSYCHIC
Grand Opening at Psychic Ruby
All Readings 20% off
Palm and Tarot
Problem Solving, Bad Luck, Jealousy and Health
Give this dedicated psychic a call today!
604.719.6136
6568 Main St (at East 49th Ave)

FLIGHT CENTRE Unbeatable
Cancun
7 Nights 3-Star All-inclusive
from $648
+ taxes & fees $264
UPGRADE to 4-star accom from $14 per night.
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. BC REG: #H02790

Avoid rushed decisions, not your RSPs.

With the *Scotia Money Master for RSPs*® earn a 2%* interest rate on your contribution today.

A great place to grow your retirement savings until you're ready to decide how you want to invest them. And, when you are ready, a Second Opinion from a *Scotia*® advisor can help get your retirement plan back on track.

scotiabank.com/moneymasterrsp

You're richer than you think.®

Scotiabank Group®

® Registered trademarks of The Bank of Nova Scotia. The Scotiabank Group includes The Bank of Nova Scotia, The Bank of Nova Scotia Trust Company, Scotia Asset Management L.P., Scotia Asset Management U.S. Inc., ScotiaMcLeod Financial Services Inc., Scotia Securities Inc., and Scotia Capital Inc. Scotia McLeod is a division of Scotia Capital Inc., a member CIPF.
* Conditions apply. Please read the Terms & Conditions. Annual interest rate effective as of February 1, 2010. Rate subject to change at any time. Interest is calculated daily on your closing principal balance, reported monthly and paid to your account on June 30th and December 31st each year. We reserve the right to extend or cancel the offer at any time.

Interest rates/Savings accounts (Please check bank websites as some rates require minimum account balance)

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.00%	0.75%	0.65%	1.20%	1.20%	1.00%	0.75%	1.20%	1.00%	0.75%

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Hard-hit sectors present opportunities

Investing

Allan Small

metronews.ca/investing

Debt fears in places like Greece, Portugal and Spain are scaring markets in North America.

As with any event, investors need to assess whether the risk is truly a big issue, or if it is something that will be ironed out soon. It is my opinion that the debt issues with countries such as Greece that make up such a small part of global GDP are overblown. If I am correct and this is just a pause on the way to higher markets in the future, where are the bargains right now?

I believe investors should be looking at the sectors in the market that have been hit the hardest by this latest retreat. The commodities and oil sectors have been hit hard and present some great buying opportunities. Financial companies have fallen enough that their dividend yields in some cases are now above five per cent once again. The technology sector continues to turn out great earnings as well.

Good quality companies in these sectors should outperform going forward and investors who have the ability to take advantage of it will be rewarded.

Allan Small can be reached at asmall@dundeesecurities.com The views expressed are not necessarily those of Dundee Securities

Borrow for RRSP?

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

Two and a half weeks left! Yikes. The RRSP needs feeding and the cupboards are bare. What to do? If you have good credit, equity in your home and\or reasonable non-mortgage debt compared to your income, an RRSP loan is a no-brainer. Maybe, maybe not.

My response to the value of RRSP loans is always the same; on paper they can make financial sense but in reality I rarely see any true benefits. In pursuit of avoiding income tax, people invariably fail to look at the full picture, i.e. what lurks beyond the refund.

If you can satisfy the following four ifs then I will grudgingly agree an RRSP loan could put you ahead.

ALISON'S MONEY RULE
Borrowing to contribute to your RRSP can pay off but there are four ifs you need to satisfy first.

1 If you're going to pay income tax.

A surprisingly number of those with little or no taxable income, but equity in their home and good credit, borrow to contribute. No question, the higher your tax rate the more the strategy is appealing but don't forget, unlike other investment loans, you can't deduct the interest levied on the borrowed amount.

2 If you don't have other non-mortgage debt.

It makes little sense to take out an RRSP loan with loan balances outstanding, especially on bank or retail credit cards with interest between eight and 30 per cent.

3 If you're disciplined enough to take the whole tax refund and pay down or pay off the borrowed amount.

Promises to yourself in February can evaporate remarkably quickly when the refund cheque arrives.

4 If you can invest the money wisely.

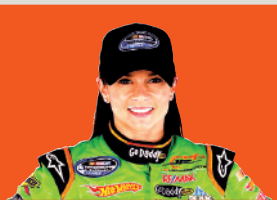
This is the biggie. Even though you may be able to borrow at a low rate of interest and reduce your taxes payable, there is more pressure on borrowed money to perform than money you've saved. Aside from anything else, borrowed money often encourages us to make riskier investments in order to earn back the interest paid.

If you can say yes to the four ifs, take a look at the Credit Canada RRSP loan calculator at creditcanada.com/financialtools.asp to see how the strategy might work for you.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Browns release Stallworth
The Cleveland Browns have released wide receiver Donte' Stallworth. Stallworth was suspended for the 2009 season by NFL commissioner Roger Goodell after he pleaded guilty to killing a pedestrian while driving drunk in Florida. He spent 24 days in jail. THE ASSOCIATED PRESS

Sports



Danica to make debut

Danica Patrick will make her NASCAR debut this weekend at Daytona International Speedway. The IndyCar star will drive the No. 7 Chevrolet for JR Motorsports in Saturday's second-tier Nationwide Series race. The decision, announced yesterday, to race at Daytona was made after team officials dissected her stock-car racing debut in the ARCA race at Daytona on Saturday. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Gainey resigns as Canadiens GM

Gauthier takes over the reins as Gainey becomes consultant in Habs front office

Bob Gainey has resigned as general manager of the Montreal Canadiens after a tumultuous era at the helm of hockey's most storied franchise, becoming the latest in a string of Habs GMs to leave without a championship.

Gainey becomes the third straight Habs general manager to leave the job without delivering a Stanley Cup — a once-unthinkable statistic for a team that was dominant for decades.

Gainey will remain employed with the Habs as a consultant to new GM and executive vice-president Pierre Gauthier, and he told a news conference yesterday that he remains devoted to the team.

He presided over an era where the Canadiens were competent during the regular season, poor in the playoffs and flooded by fans' nostalgic adulation as they celebrated their 100th birthday.

"I've done my best and it's time for me to pass the torch. I'm leaving the team that I love in good hands," Gainey told reporters.

GRAHAM HUGHES/THE CANADIAN PRESS

Bob Gainey hangs his head at a news conference in Montreal yesterday, announcing his retirement as general manager of the Montreal Canadiens.

"The job of general manager required a vision and a long-term commitment and I didn't want to commit myself now for four, five or six more years.

"If I had to choose between leaving a little earlier or a little later, I'd prefer (to go) earlier."

The Gainey era ends with a record of 241-176-46-7 during the regular season, 11-22 in the postseason and zero appearances beyond the second round of the Stanley Cup playoffs.

The team is currently in sixth place in the East, with a record of 28-26-6 despite a crippling series of injuries to key players like Andrei Markov, Mike Cammalleri and Andrei Kostitsyn.

If Gauthier is preparing to make any drastic changes, he certainly wasn't showing his cards yesterday.

"It's a great honour to become general manager of the Montreal Canadiens," Gauthier said.

"I like our team. I like the organization. I'm very comfortable with Jacques Martin and our team of coaches."

Habs president Pierre Boivin announced the moves yesterday.

After delivering his statement, Boivin turned to face his departing GM and said: "I'm sure you would have preferred better results — but you can be proud of the organization and team you put in place."

THE CANADIAN PRESS

Enter Gauthier

- Bob Gainey's successor, Pierre Gauthier, was general manager of the Ottawa Senators from 1995 to 1998 and of the Anaheim Ducks from 1998 to 2002, and has served the Canadiens in a variety of roles since 2006.

Sports in brief

MLB Marcus Thames has agreed to a minor league contract with the New York Yankees, who also finalized a $1.1-million US, one-year deal with Randy Winn to give themselves more left field options.

NBA Indiana Pacers centre Jeff Foster will miss the rest of the season with a back injury. The Pacers announced yesterday that Foster will have surgery after the all-star break.

NHL The Dallas Stars have activated centre Mike Ribeiro a month after he injured his throat against the New York Rangers. METRO NEWS SERVICES

m.metronews.ca

Scan this barcode for the most recent Sports updates on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Phoenix 6 Edmonton 1
San Jose 3 Toronto 2
Anaheim 4 Los Angeles 2
Colorado 5 St. Louis 2
Philadelphia 3 New Jersey 2

NBA

YESTERDAY'S RESULTS
Orlando 123 New Orleans 117
Dallas 127 Golden State 117
L.A. Lakers 101 San Antonio 89

Lee on the mend after foot surgery

MARINERS The Seattle Mariners say left-hander Cliff Lee is recovering from minor left-foot surgery and will be limited when pitchers and catchers report to spring training this month.

The team announced yesterday that its biggest off-season acquisition had surgery Friday in his native Arkansas to remove a bone spur that broke loose and was floating in his left foot.

THE ASSOCIATED PRESS

Lions owner close to acquiring Argos

CFL When David Cynamon and Howard Sokolowski went to bed last night, they were still owners of the Toronto Argonauts.

But the keys to the troubled Canadian Football League team will likely be handed over to B.C. Lions owner David Braley sometime today — barring any more last-minute hold-ups.

"The two sides have completed 95 per cent of the deal," said a source, who requested anonymity. "But there are still some minor outstanding issues."

"The two sides have completed 95 per cent of the deal. But there are still some minor outstanding issues." Source, who requested anonymity

In other words, nothing has changed since Sunday. That also was the deadline day Cynamon had set to either complete the sale to Braley or announce that he and Sokolowski were keeping the team.

At this point, it seems almost inconceivable that Braley won't become the first man to own two teams in CFL history. But considering how long negotiations have been going on, anything is possible.

The league had hoped to convene a board of governors conference call yesterday to approve the deal, but was told by Braley that the sale had not been finalized. TORSTAR NEWS SERVICE

Chan gets warm welcome in Vancouver

Sporting a grin a mile wide, Canadian figure skater Patrick Chan was greeted by dozens of fans and autograph seekers at Vancouver International Airport yesterday. Chan held his own video camera up to capture the scene. "This is why we live to do this. Moments like this," he said. THE CANADIAN PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

New scale for skaters

Previous system scrapped after scandal in Salt Lake City

Gone is the 6.0 that everybody knew if not loved, and in its place is a complicated system that can leave figure skating fans scratching their heads.

The pairs scandal involving Canadians Jamie Sale and David Pelletier at the 2002 Salt Lake Olympics provided the impetus for a complete — and long-overdue — rewrite of how figure skating is judged.

But the new, far more detailed, computer-driven Code of Points, implemented in 2004 in hopes of eradicating the partisanship that had long plagued the sport, almost takes a statistician to decipher.

The one thing to remember is that under the new system, absolutely everything — from jumps to spins to the step sequences in between — has an assigned value.

Marks are then added or deducted according to how well a move is executed.

Take the triple Axel for example. The three-and-a-half rotation jump has a base value of 8.2 points. Judges then decide how well the jump has been executed, awarding a grade of execution or GOE ranging from a plus-3 to a minus-3, which takes into account everything from height and speed, to the difficulty of the steps leading into the jump.

"You can see a jump that goes up and the speed leading in is amazing, and the position in the air is beautifully straight and the landing flows out with amazing extension of the free leg," explains Norm Proft, officials programs manager for Skate Canada.

GOE: A plus-3.

"You have another skater, maybe they're a little slower going in, maybe they lean in the air, maybe their free leg is up in the air instead of nice and tight, maybe the landing a little scratchy. They're both triple Axels, but they're distinctly different in the quality of the jump," Proft says.

There's another set of scores — "program components" — that replace the former "presentation" marks. The five components are skating skills, transition, performance/execution, choreography/composition, and interpretation, with a scale of 1 to 10.

Canadians Tessa Virtue and Scott Moir earned the first perfect 10 awarded in ice dance at HomeSense Skate Canada International in December.

THE CANADIAN PRESS

Skating scandal

- Jamie Sale and David Pelletier were thrust into the international spotlight during the 2002 Winter Games when they were awarded silver medals after a flawless skate. After a judging controversy and an appeal, they were awarded gold along with the Russian skaters

ROBERT LABERGE/GETTY IMAGES

Jamie Sale and David Pelletier compete in the free program during the Salt Lake City Winter Olympic Games in 2002.

FLIGHT CENTRE® Unbeatable

Airfares

Phoenix from $138 + taxes & fees $104

Las Vegas	from $136 + taxes & fees $107
Palm Springs	from $138 + taxes & fees $106
Los Angeles	from $160 + taxes & fees $105
San Diego	from $228 + taxes & fees $106
Puerto Vallarta	from $295 + taxes & fees $280
Honolulu	from $358 + taxes & fees $102
Kona	from $358 + taxes & fees $105
Maui	from $378 + taxes & fees $105
Fort Lauderdale	from $469 + taxes & fees $151
Miami	from $469 + taxes & fees $149
Nashville	from $472 + taxes & fees $134
Bahamas	from $476 + taxes & fees $109
Turks & Caicos	from $589 + taxes & fees $194

Vacations

Honolulu Air + 7 Nights from $699 + taxes & fees $136

Anaheim Family Special
Air + 3 Nights from $299◊ + taxes & fees $104
UPGRADE to 4-star accom from $14 per night. ADD 3-day *Disneyland* Resort *Park Hopper* Bonus Ticket from $150 per adult.

Rocky Mountains
3 Nights + Lift Passes from $499 taxes & fees included
INCLUDES accom and 3-day lift pass valid for Banff, Lake Louise & Sunshine Ski Resort. ADD air from Victoria to Calgary from $130.

Maui Air + 7 Nights from $799 + taxes & fees $149

London Air + 6 Nights 3.5-Star from $857 + taxes & fees $464
INCLUDES transfers and central accom with breakfast daily.

Amsterdam
Air + First 2 Nights 3.5-Star from $865 + taxes & fees $361
INCLUDES first 2 nights central accom with breakfast daily.

Dublin St Patrick's Day
Air + 6 Nights from $1099 + taxes & fees $352
ADD traditional Irish house party including dinner and show from $75.

Spring Break Vacations

Las Vegas Air + 4 Nights from $269 + taxes & fees $109
INCLUDES accom on the Strip. UPGRADE to 4-star accom from $17 per night.

Honolulu Family Special
Air + 7 Nights from $599◊◊ + taxes & fees $122

Whistler 3 Nights + Lift Passes from $779 taxes & fees included
INCLUDES accom and 3-day lift pass for Whistler Blackcomb.

Cancun
7 Nights 3-Star All-inclusive from $908 + taxes & fees $263

Adventure Tours

Costa Rica
Learn to Surf, 7-Day Tour
from $999 taxes & fees included
HIGHLIGHTS Playa Hermosa, Zopilote surfcamp, and Surfing lessons from local surf instructors.

South America Santiago to Buenos Aires
13-Day Tour from $1349 taxes & fees included
HIGHLIGHTS Pucon, Puerto Varas, Bariloche and Buenos Aires. Departs Santiago.

All-inclusive Vacations

Cancun 7 Nights 3-Star from $648 + taxes & fees $264
UPGRADE to 4-star accom from $14 per night.

Manzanillo 7 Nights 4-Star	from $598 + taxes & fees $264
Puerto Vallarta 7 Nights 4-Star	from $715 + taxes & fees $180
Punta Cana 7 Nights 4-Star	from $727 + taxes & fees $313
Panama 7 Nights 4-Star	from $797 + taxes & fees $226
Huatulco 7 Nights 3.5-Star	from $818 + taxes & fees $263

INCLUDES junior suite accom.

Los Cabos 7 Nights 5-Star	from $987 + taxes & fees $263

Cruise Vacation

Hawai'i
Air + 2 Nights + 10-Night Cruise
from $1199 + taxes & fees $115
INCLUDES air to Honolulu, 2 Nights Waikiki accom and 10-night cruise. CRUISE from Honolulu to Vancouver and visit Maui, Kona and Hilo.

1 866 502 3887 | flightcentre.ca

PERFECT HOLIDAY PROMISE
Enjoy your holiday or we'll give you $100 towards another one!†

Conditions apply. Ex: Vancouver. Air only prices are per person for return travel unless otherwise stated. Package holiday & cruise prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, HST and fuel supplements and are approximate and subject to change. † The Perfect Holiday Promise applies to bookings made at Flight Centre shops within Canada. A $100 voucher for future travel will be provided to customers who experience an unwanted deviation from their paid itinerary. For full details visit www.flightcentre.ca or speak to a Flight Centre consultant.

Romantize your cakes
Dress up your cakes for Valentine's Day by purchasing a heart-shaped baking pan and serve the finished results with whipped cream and fresh berries. Kitchen Plus sells a Fox Run Mini Heart Pan for $3.50 (right), at kitchenstuffplus.com. METRO NEWS SERVICES

Food

Fishing for some love

Delicious, healthy, affordable — and already thought by the Scots to be sexy — the Fresh Blue Cultured Mussel could be the next food of love, according to the Mussel Industry Council. Fresh blue cultured mussels are not only romantic and tasty, they are high in Omega 3s, low in fat (2.2 g fat per 100 g mussel meat) and have high levels of daily requirements for zinc, vitamin C and Iron. Mussels are also world recognized as sustainable seafood. What's not to love about eating them this Feb. 14? METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

A *hearty* meal

Design a decadent menu for your sweetheart

Canadian Living's Rosemary Rack of Lamb.

Rosemary Rack of Lamb

Frenched lamb chops are readily available. Or ask your butcher to French them, that is, to cut away the meat at the ends of the bones to expose them.

MAKES 4 SERVINGS

INGREDIENTS:
- 1/2 cup fresh bread crumbs (125 mL)
- 2 Tbsp chopped fresh rosemary (25 mL)
- 2 Tbsp grated Parmesan cheese (25 mL)
- 2 clove garlic, minced 1/4 tsp each salt and pepper (1 mL)
- 2 Tbsp Dijon mustard (25 mL)
- 2 racks of lamb (8 bones, 2 each), 2 lb (1 kg), frenched
- 2 Tbsp extra-virgin olive oil (25 mL)

METHOD:

1. In small bowl, combine bread crumbs, rosemary, Parmesan cheese, garlic, salt and pepper. Spread mustard evenly over meaty part of lamb; coat with bread crumb mixture.
2. In skillet, heat oil over medium-high heat; brown lamb, in 2 batches, until golden, about 2 minutes. Transfer, fat side up, to foil-lined baking sheet.
3. Roast lamb in 425°F (220°C) oven until meat thermometer registers 145°F (63°C) for medium-rare, 15 to 20 minutes.
4. Transfer to cutting board and tent with foil; let stand for 5 minutes before carving between bones.

Chocolate Fondue for Two

MAKES 2 SERVINGS

INGREDIENTS:
- 1 cup bite-size peeled pineapple chunks (250 mL)
- 1 navel orange, peeled and cut into segments
- 2 kiwifruit, peeled and sliced
- 1 Red Delicious apple, cored and sliced
- 6 cookies (optional)

METHOD:

1. Chocolate Fondue: In saucepan, heat cream until boiling. Pour over bittersweet and milk chocolates in fondue pot; whisk until melted. Whisk in amaretto. Keep warm.
2. Meanwhile, arrange pineapple, orange, kiwifruit, apple, and cookies (if using) on platter.
3. Garnish with gooseberries (if using). Serve with fondue.

PHOTOS BY JODI PUDGE

Chocolate Fondue for Two dessert.

Tip: In fondue use Lindt chocolate

online
For more Tested-Till-Perfect recipes, visit canadianliving.com

Happy Lunar New Year!

Pepper Wireless Exclusive Dealer fido

Vancouver
1st Avenue Market
3189 Main St
519 W. Broadway
New West
Royal City Centre
Burnaby
Crystal Mall
Richmond
Yaohan Centre
Lansdowne Centre (near Best Buy)
Aberdeen Centre
Surrey
Surrey Central Shopping Centre

Get a FREE lucky red envelope with a 2010 pocket calender just by visiting!*

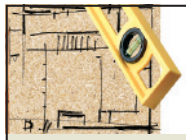
*Available for limited time only, while quantities last, no purchase necessary

Join us at the PLAZA OF NATIONS Feb 12th to 28th for the Edgewater Celebration Village!

Talk & Text from $15 per month*
>No System Access Fees
>Per-second billing

*A one-time activation fee of $35 per line applies. Local airtime over the allotted monthly minutes in the monthly plan, long-distance and roaming charges and any additional options selected and applicable taxes are extra and are also billed monthly. Offers and pricing subject to change without prior notice. ™ Fido & design and FidoDollars are trademarks of Fido Solutions Inc. ©2010 Fido Solutions Inc.

BOREALIS academy
esthetics + nails
diploma • workshops
PCTIA
604-304-3303 • borealisacademy.com



14 week career prep program
Including Carpentry Level 1
-Travel & stipends provided
- No Tuition
February 15, 2010
Construction
Jay Mearns, VanASEP
604-961-7148
www.vanasep.ca
VanAsep
First Nations Employment Society
Roseann Guerin, FNES
604-605-8901
www.fnes.ca

The same sodium as two medium orders of McDonald's French fries

Gerber, one of the best-known names in baby food, has been named this year's recipient of the Salt Lick Award due to the high sodium content in one of its prepared meals for toddlers, Graduates Lil' Entrees. THE CANADIAN PRESS

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Soccer helps to kick high blood pressure

CELIA MILNE
for Metro Canada

Exercise reduces high blood pressure. Doctors have known this for a long time. But what kind of exercise is best?

A new study in Copenhagen tells us that doing spurts of high-intensity exercise — namely, playing soccer — is a great way to control high blood pressure.

The study involved 25 men aged 31 to 54 who had mild to moderate hypertension. The men were split into two groups.

One group played soccer (in teams of five or six) for about an hour twice a week and the other group received traditional advice from a physician on reducing heart disease risk and staying active.

When tested three months later, the soccer-playing group had improved their health far more than the other group.

They had lowered blood pressure, reduced heart rate, reduced fat on their body and increased aerobic capacity.

"Our advice is to participate in vigorous intermittent physical exercise," lead author Peter Krustrup told Metro.

He believes soccer is a great way to get healthy because it is effective and fun; people stick with it, unlike many other exercise regimes.

Krustrup is an Associate Professor in the Department of Exercise and Sport Sciences at the University of Copenhagen, Denmark.

In Canada, hypertension affects one in five adults. It is the number one risk factor for stroke, and a leading risk factor for heart disease.

PHOTOS.COM

Burst of high-intensity exercise, like playing soccer, helps to control high blood pressure.

Because there are no symptoms, it's often called "the silent killer."

Having hypertension increases your risk of coronary heart disease, atrial fibrillation, kidney disease and death from any cause.

Although the Danish study was small, it adds to a growing body of evidence that soccer and other interval training activities are a great way to improve health.

Another Danish study showed beneficial effects of interval uphill walking for heart failure patients. And Krustrup has already published studies showing regular recreational soccer training improves many measures of heart health in both men and women.

"If not (soccer)," he says, "perhaps other types of intense intermittent exercise, such as water polo or intermittent swimming, running or cycling."

Hockey, with its bursts of intense activity followed by rest, may be a great Canadian way to reap the rewards the Danish men had when they played soccer, especially in the winter.

Krustrup's article was published in the Scandinavian Journal of Medicine and Science in Sports.

Valentine's Day cynicism is a cop out — it's not all commercialism

Apparently New York-based relationship expert Jay Cataldo is on a mission to single-handedly end Valentine's Day.

"This wretched day of massive expectation and zero appreciation needs to be destroyed," he states in the press release announcing his plot to destroy this "disgraceful holiday."

Cataldo doesn't explain exactly how he plans to off Valentine's Day — take Cupid out with his own bow and arrow? Lobby for a ban on scratchy lace? — but his cynicism about what is increasingly referred to as the "Hallmark Holiday" is becoming all too common.

Sure, I understand the "I'm single and thanks for reminding me how loveless my life is" resentment and the "God, please don't let me fail the test of proving I love you because I bought you lousy carnations instead of roses" pressure. And yes, I agree that it's a bit of a goofy, made-up holiday designed mostly to keep the consumer wheel turning.

I've received hundreds of emails from companies reaching to come up with a Valentine's Day angle to pitch their product. How about a free strawberry recipe iPhone app courtesy of the California Strawberry Commission? Hey, strawberries are red. I'm not saying you have to fall for some idealized, unrealistic notion that your love can be neatly expressed once a year with a heart-shaped box of candy or a strawberry recipe iPhone app.

But "gathering a large amount of sympathetic malcontents together and declaring Feb. 14 as a Day of Hate," as one anti-VD internet campaign encouraged people to do, is a bit of a cop-out. This year, instead of spending all that energy resenting the unrealistic romantic ideals shoved down your throats by the greeting card and candy companies, use the day to stop and appreciate the love in your life.

The other day my brother — who is single by the way — said that if they cancel Valentine's Day, they might as well cancel Christmas. And, as with Christmas, you can choose whether or not to get caught up in the commercialism. For me, Christmas is less about shopping and more an opportunity to spend time with friends and loved ones — to eat, drink and be merry.

Similarly, Valentine's Day is an opportunity to stop, take a good look at your honey, preferably across a candlelit table adorned with some good food and a nice bottle of wine, and say, "Hey, you're really special to me and I'm glad you're in my life." And, if you're single, take the same opportunity to get together with friends, take a good look at them, preferably across a candlelit table adorned with some good food and a nice bottle of wine, and tell them, "Hey, you're really special to me and I'm glad you're in my life."

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

YYOGA
Gift of Yoga
Complimentary Yoga from Feb 12–28
See lululemon.com/giftofyoga or yyoga.ca for details
wellness services • infrared sauna showers • eco-boutique
hot • power • flow • anusara • tantra • vyrde • core • pilates • yin
yyoga.ca

University of Victoria | Centre on Aging
BRITISH COLUMBIA The Best Place on Earth
CHRONIC DISEASE, PAIN & DIABETES SELF-MANAGEMENT PROGRAMS
Do you want to be an active self manager of your chronic health condition? FREE six session self-management workshops (2.5 hours per week) are available in the Lower Mainland including the Sea to Sky corridor. Learn new strategies and techniques to manage your chronic health condition. Volunteer leaders needed. Come join our growing team of passionate, community leaders!
TO REGISTER AND FOR MORE INFORMATION:
604-940-1273 or Toll-Free 1-866-902-3767
www.coag.uvic.ca/cdsmp

Make Your Resolution a Reality!
Lose weight, guaranteed.
And...your first
15 lbs are FREE!†
Call for your free, no-obligation consultation
1-800-322-3147
†See in-store for details. Offer available until February 13, 2010.
Herbal Magic © 2010. All rights reserved.
Herbal Magic WEIGHT LOSS & NUTRITION CENTRES

ADVERTISING FEATURE

SKATE, SKI, SLED AND MOISTURIZE!

TIPS FOR PROTECTING YOUR SKIN WHILE ENJOYING THE GREAT OUTDOORS

February is one of the coldest months of the year but that doesn't mean we need to hibernate. It's a time to get outside and celebrate one of the best things about living in Canada – winter activities. Everyone is feeling the urge to lace up the skates, snap on those skis or go tobogganing with the kids.

It's important to remember that winter activities mean winter skin – cold, dry and flaky. Dry skin can appear anywhere on the body, but the most common areas tend to be lower legs, arms, hands, elbows, back, knees and abdomen. In such cases skin can feel tightened or itchy.

Another factor to consider is the sun. Sure we might ignore it when the barometer is less than zero but exposed, unprotected skin is still vulnerable to damage from the sun's ultraviolet rays. Facial sunburns are just as likely to occur on the ski slopes as they are during a blazing hot day at the beach.

One of the great things about outdoor winter activities is the fitness benefits they provide at a time when it's tempting to stay on the couch. Whether we're walking up a hill or shoveling snow from the driveway, we tend to work up quite a sweat under all those layers of warm clothing. This perspiration can result in loss of body fluids and moisture which can lead to dry, chapped skin.

TAKE ACTION AGAINST DRY WINTER SKIN

Don't let the prospect of winter skin force you to retreat indoors. Give your skin the treatment it deserves with **Olay Quench Advanced Relief Body Lotion.** Specifically formulated to help strengthen skin's moisture barrier over time, Olay Quench Advanced Relief Body Lotion helps prevent dry skin from coming back helping to break the dry skin cycle. As well, Quench Advanced Relief provides moisture that lasts up to 24 hours, is dermatologist tested and clinically proven to moisturize and retain moisture for as long as five days after use. Formulated with ingredients that help combat dryness, including, VitaNiacin and Vitamin E, Olay Quench Advanced Relief is non-greasy and fragrance-free.

> Winter activities mean winter skin – cold, dry and flaky

Skin care tips for winter activity enthusiasts

Are you engaged in activities that keep you outside and exposed to the elements? Don't let dry, flaky skin become a hindrance. Here are some tips to help 'winter-proof' your skin.

1. USE A MOISTURIZER ON AREAS SUSCEPTIBLE TO DRY SKIN

The most common areas for dry skin include the legs, arms, hands, elbows, back, knees and abdomen . Cold, freezing air can dry out skin, even if you spend much of your time in the ski chalet drinking coco. Use an intense body lotion such as Olay Quench Advanced Relief to replenish any lost moisture.

2. LOWER INDOOR HEAT

While there's nothing like a hot shower or furnace to warm you up after a skating session, it's important to note that indoor heat has drying effects, so make sure you don't overdo it and consider using a humidifier at night which adds moisture to the air. Avoid harsh soaps when you shower and use a body lotion such as Quench Advanced Relief Body Lotion after you shower to lock in moisture.

3. KEEP HYDRATED

If you sweat on the slopes or elsewhere during winter, drink lots of water to avoid dehydration and dry skin.

4. PROTECT EXPOSED SKIN

Just because the temperature's cold, it doesn't mean that you won't get burned. Use a sunscreen with an SPF of 30 or higher, especially when in the snow. Sunscreen can help prevent wrinkles and other types of damage.

5. COVER YOUR LIPS

Lips are the first to dry out. A lip treatment with SPF protection will help keep your lips from drying and/or chapping.

OLAY®

Levi is a Playgirl

Levi Johnston's long-awaited Playgirl cover has finally been released, and the caribou hunter-turned-aspiring model/actor does live up to his promise and appear nude, but with one notable exception: He covers himself below the waist. PEOPLE.COM

Entertainment

Wedding bells

Sacha Baron Cohen and Isla Fisher are seemingly set to marry this month. The couple have reportedly sent out party invites asking guests to keep Feb. 26 free. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Ricky Gervais

Banff comedy award goes to Ricky Gervais

PEOPLE British comic Ricky Gervais is being recognized with this year's Sir Peter Ustinov Comedy Award at the Banff World Television Festival.

The creator of the hit U.K. TV show The Office will be feted at the festival in June, when he's also set to discuss his career and success. Gervais says the award is "probably the greatest honour" of his career, adding that "only the Nobel Peace Prize can top this." The award acknowledges outstanding comedic performances. Previous recipients include John Cleese, Bob Newhart, Martin Short and Tracey Ullman.

Coleman pleads guilty to charge

TV Former child television star Gary Coleman has pleaded guilty to a misdemeanour criminal mischief charge related to a domestic violence incident last April in Utah.

In a deal with the prosecutor, Coleman entered the plea at a hearing yesterday, his 42nd birthday, in Santaquin, 105 kilometres south of Salt Lake City. Clerk Jane Swan says the original charge of domestic violence assault was dropped. THE ASSOCIATED PRESS

Blueprint for dance pop

Brooklyn indie rockers Yeasayer surprise many by embracing new sound

CAM LINDSAY
for Metro Canada

Odd Blood is the new album from Brookyn's Yeasayer. Read our review in Thursday's Metro.

Yeasayer's new album Odd Blood is out today

If you're listening to the new album by Brooklyn's Yeasayer, and you're second guessing that it's actually them, you're not alone.

"We did an interview with Jon Pareles from the New York Times and he said that when he heard The Children he had to make sure he'd burned the CD right," says multi-instrumentalist Anand Wilder.

Following the relative success the indie band found with the feathery, acoustic jams on their 2007 debut All Hour Cymbals, Wilder and his bandmates found themselves surrounded by a massive collection of synths in the studio they rented to record the followup. From there, they just improvised.

"The first time around we established this — whether we intended it or not — hippie campfire vibe, this oneness with nature," Wilder explains. "With this one we wanted to push this oneness with machines ... Like what would happen if aliens were picking radio signals from earth for the last hundred years and had to recreate pop music for a museum exhibit?"

It's an unorthodox question but also a fairly accurate description of their appropriately titled second album, Odd Blood. The trio used a blueprint based on dance music's gurgling synths, mechanical polyrhythms and bountiful hooks, leaving the organic feel of their first album behind them.

"I think we were trying to make the whole album full of bangers," Wilder admits. "I don't know if we succeeded, but there was this idea to have an album that's all amazing dance songs. Where if a DJ was spinning and you were like, 'Oh my god, who is this?' And he said, 'It's the same album!' We wanted to make songs that would get people dancing."

> **"I think we were trying to make the whole album full of bangers ... there was this idea to have an album that's all amazing dance songs"**
> Anand Wilder

Sticking with dance music culture's relationship with vinyl records, Yeasayer also designed the album to be experienced in two halves. Wilder says the approach was to give the listener options.

"We put these more conventional pop songs towards the beginning of the album so they would butt up against each other; they're all very epic and distinct sounding," he says. "And then the second side opens with this long, unbearable intro and then you're into these short, quick, weird songs.

"I like the idea that you play the first side and you really love all the pop hits, but then you start to get tired of them and you flip it over and you're like, 'Wait a second, this side's a lot more interesting. I like this way more.'"

Cyrus auction
Miley Cyrus is organizing an all-star online auction to help raise money for the Haiti relief effort, according to People. "Ever since the earthquake, I've been trying to do my part to help the people of Haiti — and I wanted to do more," Cyrus said. TVGUIDE.COM

Music heals a broken heart

ROB MCMAHON
for Metro Canada

Contented Valentine's Day lovers get their roses and their chocolates. For everyone else, here are five musical picks to avoid. One Sunday, turn off these tunes — well, aside from one set that's a reminder of Spring sunshine.

The Rolling Stones: Just My Imagination from Some Girls (1978) The perfect song for one's first Valentine's Day as a single. This track, the Stones' update of a piece by the Temptations, mirrors that joyful experience's transitional blend of disbelief, distrust and disaffection. Mick Jagger's daydreams of the girls of New York soon crumble against the weight of his own logic, pushed by Keith Richards' stuttering, flanged melody. Who knew a guitar could so effectively unbalance hope?

The Sound of the Smiths (2008) This two-and-a-half hour grab-bag of pain — of failed nightclub pickups, imploding relationships and soul-searching — is perfectly embodied in Morrissey's epically hollow delivery. There are no better lyrics to absorb while sitting along in a dark, one-bedroom apartment and eating boxes of chocolate. Key moments: The (emphatically) celibate crooner's classics Hand in Glove, Heaven Knows I'm Miserable Now and How Soon is Now.

The Magnetic Fields: Mr. Mistletoe from Distortion (2008) Christmas is over, and you're still alone. What better way to rekindle the feeling of drifting through the snowy streets, dulled by red, white and green lights and the stings of laughter from happy couples than this gem. Buried deep under a gloomy hazy of shoegaze distortion, holiday chimes twinkle and Stephen Merritt's baritone sighs: "Mistletoe is hanging everywhere, but you no longer care."

Sky: She's Some Kinda Wonderful from Piece of Paradise (1999) The spring is coming, the flowers are blooming, and young lovers stroll. You've just eaten a Philly cheesesteak, and processed orange gunk is sitting heavy in your gut. Then a car breezes by, a red convertible. A flash of two bobbing blonde heads, singing a hook in unison: "She's some kinda wonderful, she makes a mean steak and she's an eyeful." You run to the nearest shrubbery and unload.

The Format: Dog Problems (2006) OK, time to haul those empty pizza boxes and ice cream pails to the garbage and plug the phone back in. Spring is here, and it's getting boring. Throw on this brilliant indie-pop concept album for a smart, sincere journey from relationship gutter to stars.

Heartbreak and sarcasm — and stories of how dogs can scuttle relationships — have never sounded so damn upbeat.

Magnetic Fields singer-songwriter Stephin Merritt.

Entertainment in brief

MOVIES The travel adventure Up was the winner of the best animated feature at the 37th annual Annie Awards. Up director Pete Docter won the award for directing in a feature production. Also competing for top honours at the Annies, presented exclusively for animated films, were the musical fairy tale The Princess and the Frog, the storybook adaptations Fantastic Mr. Fox and Cloudy With a Chance of Meatballs, the dark family tale Coraline and the Irish adventure The Secret of Kells. All the films, except Cloudy With a Chance of Meatballs, are nominees for best animated feature film at this year's Academy Awards. Up is also nominated for best picture at the Oscars.

THE ASSOCIATED PRESS

Prejean engaged

Former beauty queen Carrie Prejean is getting married. The ex-Miss California USA and pro football QB Kyle Boller got engaged on Saturday in Prejean's hometown of San Diego, eonline.com has learned. METRO NEWS SERVICES

NFB showcases 3-D films online

Free glasses available for web views

CHRIS ALEXANDER
for Metro Canada

With James Cameron's state-of-the-art immersive epic Avatar endlessly burning up the box office, it seems that 3-D fever is going to be around for a spell.

The gloriously gimmicky art of creating dimensional depth from an otherwise flat screen has been with cinema since the early part of the century and has enjoyed two previous feature film renaissances, the first kick started by Arch Obler's Bwana Devil in the 1950's, the second with such split stereoscopic fare as Jaws 3-D and Comin' at Ya in the early '80s.

Now, even the National Film Board of Canada is jumping on the bandwagon. Currently, the Canadian cinema institution is streaming a host of short , strange, eccentric homegrown works off their website that, with the aid of special decoding glasses, creep right off your computer screen and into your lap.

"The NFB has been experimenting with 3-D animation throughout its 70-year history," says Deborah Drisdell, NFB's director general, accessibility and digital enterprises.

"First there were two Genie-winning films by Norman McLaren in 1951 and then the world's first 3-D IMAX film in 1986. These latest experiments are to test the user experience of 3-D technologies on computers and handheld devices. The response has been remarkable."

Using the far less sophisticated red and blue "anaglyph" technology (as opposed to the digital polarized system used in theatres to make Avatar literally come to life) to illustrate their illusions, some of the 3-D films the NFB is offering include the animated romance Falling in Love Again, complete with careening cars and floating clouds thrust at the viewer; Drux Flux, an abstract piece of eerie surrealism whose strange, steampunk illustrations look fantastic in any dimension and Facing Champlain, a gorgeous, impressionist experiment in depth shown in two parts, both exploiting the sensorial impact of 3-D to maximum effect.

Facing Champlain is one of the 3-D films available on nfb.ca.

Way to 3-D

- To view the films, you'll need special colour-coded glasses which will be sent to your home completely free of charge. Log on to nfb.ca/3D for more details about the films and the 3-D process.

Jackson's doctor charged

LEGAL Michael Jackson's doctor was charged yesterday with involuntary manslaughter, capping an exhaustive investigation into the pop star's stunning death last summer and setting up the prospect of another sensational celebrity courtroom drama.

Dr. Conrad Murray, a cardiologist who was with Jackson when he died June 25 at his rented Los Angeles mansion, is accused of the single felony count in a five-page complaint filed in Superior Court. According to the complaint, Murray "did unlawfully, and without malice, kill Michael Joseph Jackson" by acting "without the caution and circumspection required."

Murray

The complaint contains no details on Jackson's death but authorities have said the singer died after Murray administered a powerful general anesthetic and other drugs to help Jackson rest. Murray has said he did nothing that should have caused Jackson to die.

If convicted, he faces up to four years in prison.

Soon after the charge was filed, several members of Jackson's family, including his mother and father; his brothers Jermaine, Randy, and Tito Jackson; and his sister LaToya Jackson arrived at the courthouse adjacent to Los Angeles International Airport.

"Looking for justice," was all Jackson's father, Joe Jackson, said as he walked past a crowd of reporters and into the courthouse.

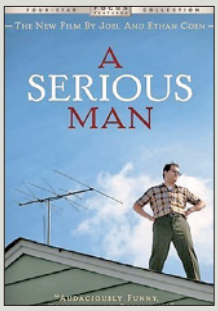
The charge was expected, and Murray's attorney, Ed Chernoff, said his client planned to surrender to authorities later Monday.

"We'll make bail, we'll plead not guilty and we'll fight like hell," Chernoff said before the charge was filed.

Jackson, 50, hired Murray to be his personal physician as he prepared for a strenuous series of comeback concerts in London. Officials say the singer died after Murray administered the powerful general anesthetic propofol and two other sedatives to get the chronic insomniac to sleep.

THE ASSOCIATED PRESS

DVD picks



A Serious Man

Directors: Joel Coen, Ethan Coen

SURE TO BEFUDDLE casual Coen Brothers fans even as it delights the faithful, A Serious Man is a wicked turn into existential absurdity after the straight screwball antics of Burn After Reading.

Set in a 1967 of banal bungalows and sublimated desires, it's suburban Midwestern hell as viewed through the travails of physics professor Larry Gopnik (Michael Stuhlbarg), whose life is vexed by an estranged spouse, snotty kids and a conniving student.

Resolutely paced, impeccably staged and lensed, it's comedy for people who can laugh at poetic car wrecks, obtuse rabbis, mysterious dental messages and an endlessly drained cyst.

Such people would be Coen fans. But even they might pain their puzzlers over the mystical and violent prologue, set in olden days and introduced with a proverb about accepting fate, which has nothing to do with Gopnik's bummer Summer of Love. Or does it? One thing is entirely clear.

A Serious Man is primo Coens, but it's also something of a private club. If you don't already get these guys, the doors of enlightenment aren't going to suddenly swing open for you now. It may not add up, but it's a living.

Extras include three featurettes: Becoming Serious. Creating 1967 and Hebrew and Yiddish for Goys.

The Time Traveler's Wife

Director: Robert Schwentke

A FILM THAT that belongs to the realm of romantic fiction where hoochie-coochie meets hocus-pocus.

Eric Bana is Henry, a Chicagoan we meet at age six as he's being magically transported away from a fateful car accident. As young Henry shivers on the snowy roadside, he's consoled by an older version of himself.

Henry's love interest is Clare (Rachel McAdams) whom he meets as a young girl. Before you can say "chrono displacement," the two have fallen in love.

Bana's and McAdams' performances rise above the shaky material and the film is gorgeous to look at. If you can get past the calendar gymnastics, The Time Traveler's Wife works as affecting allegory of love that persists even when the lover is gone — really gone.

Extras include the featurette Time Traveler's Wife: Love Beyond Words.

Peter Howell/for Metro Canada

His name is up in lights
Friday Night Lights MVP Zach Gilford has joined the cast of ABC's hour-long drama pilot Matadors, sources said. The prospective series revolves around two rival Chicago-based families. EW.COM

Pretender not faking it on new disc

MUSIC Chrissie Hynde is one busy woman these days.

The lead singer of the Pretenders has finished recording an album with Welsh singer-songwriter J.P. Jones and has just contributed to a Haitian relief song featuring the likes of Nick Cave, ex-Clash guitarist Mick Jones, former Sex Pistol Glen Matlock and Pogues frontman Shane MacGowan.

"Yeah, it was a regular beauty contest," Hynde said deadpanning.

Next up, she hopes, are a batch of songs that can form the basis of another Pretenders album.

"I would like to think this will actually speed up my songwriting process," Hynde says. "Usually, I spend a lot of goof-off time. I call it my gestation time — but really, pot-smoking time is what it is."

The perfect scenario for the 58-year-old Hynde would be to get going on what will be the group's first release since Break Up the Concrete in 2008.

THE ASSOCIATED PRESS

Modernizing TV family sitcoms

ABC's newest comedy bringing a touch of reality to Wednesday nights

A young man arrived at Ty Burrell's hotel room to stock the minibar and immediately recognized the co-star of the ABC comedy Modern Family.

He loved the show.

Thanks, Burrell replied. The man went on to quietly describe how his family gathered each week to watch Modern Family together, and because of those group viewings, he was getting to know his younger siblings better.

"I know we're not curing cancer," said Burrell, who portrays the earnest goofball dad Phil Dunphy, "but it feels nice to see people affected by the show."

Modern Family is the most critically acclaimed and popular new comedy of the TV season, the centerpiece of ABC's Wednesday lineup and already renewed for a second season.

Not only does it fulfil a comedy's central mission — provide genuine laughs — it nudges preconceptions and isn't afraid to show some heart amid a sea of snark and irony on television.

Modern Family airs on ABC's Wednesday night lineup.

While deciding to make a family comedy is one thing, avoiding cliches is another thing entirely.

The producers' success at this is revealed each week as more layers are peeled back on the characters.

"I know we're not curing cancer, but it feels nice to see people affected by the show."
Ty Burrell on the hit show Modern Family

More than just layers of development were on display one recent evening when Modern Family commandeered a Los Angeles hotel lobby to shoot some scenes.

Hoots and hollers from crew members alerted those whose heads were turned the wrong way that they had missed actress Julie Bowen streaking across a room clad only in a bodysuit.

Bowen, who portrays Claire Dunphy, was about to film a scene in which she's supposed to be naked underneath a trench coat.

You'll just have to watch the episode that airs Wednesday at 9 p.m. EST to find out why.

THE ASSOCIATED PRESS

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 2/9/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in-Hall	Comedy	CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Access H.	American Idol (N) (CC)		Lost "What Kate Does" (N)		Law & Order (CC)		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma "Masonic Legends"		P3	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Jack Knife" (N) (CC)		NCIS: Los Angeles (N) (CC)		The Good Wife "Hi" (N) (CC)		News
	256	389	12 VI	Degrassi	TMZ (N) (CC)	Lost "What Kate Does" (N)		Past Life "Pilot" (N) (CC)		The Listener (CC)		A News (N)
	253	359	13 CITY	The Office	The Office	The Biggest Loser Olympic training facility. (N) (CC)				Murdoch Mysteries "Power"		EP Daily
	-	-	14 CW	The Office	The Office	90210 "A Trip to the Moon"		Melrose Place "Ocean" (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Jack Knife" (N) (CC)		NCIS: Los Angeles (N) (CC)		The Good Wife "Hi" (N) (CC)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser Olympic training facility. (N) (CC)				The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Supernanny "Uva Family"		Shopping	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	288	380	24 ABC	Wheel Fortune	Jeopardy! (N)	Lost "LA X (Part 2)" (CC)		Lost "What Kate Does" (N)		the forgotten "My John" (N)		KOMO 4 News
	-	-	28 KVOS	M*A*S*H	Seinfeld	Crazy Little Thing (2002) Jenny McCarthy, Chris Eigeman.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Life (Part 2)	Steves Europe	NOVA "Extreme Cave Diving"		Frontline "Flying Cheap" (N)		Independent Lens "P-Star Rising" (N) (CC)		
	290	382	23 FOX	Two/Half Men	Two/Half Men	American Idol (N) (CC)		Past Life "Pilot" (N) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Frontline "Flying Cheap" (N)		Foot in Grave	You've Gone	Tavis Smiley	Charlie Rose (N) (CC)		NOVA "Extreme Cave Diving"	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Files
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 "A Trip to the Moon"		Melrose Place "Ocean" (CC)		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	48 NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	53 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Best Damn Sports Show		Hockey	The Great Tournament		Canucks TV	Sportsnet Connected (Live)		Sportsnet
	400	400	60 TSN	NHL Hockey	SportsCentre (Live) (CC)			30 for 30 (CC)		NHL Charity Poker Shootout		SportsCentre
	411	457	49 OLN	Ghost Hunters International		Destination Truth (CC)		Operate-Repo	Operate-Repo	Ghost Hunters "Iron Island"		Ghost Hunters
	410	403	54 SCR	(5:00) Court Surfing		Score Now		Score Now		Score Now		Final Score
	417	406	55 SC	Countdown to Daytona (N)		Pass Time	NASCAR Hub	Countdown to Daytona		Countdown to Daytona		Daytona
	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	iCarly (CC)	Fries That?	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	555	545	50 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	(:35) Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		Russia: Journey		Sugartown: The Bridegrooms		Yoga, Inc. (2006) (CC)		Black Coffee
	575	583	20 CMT	Home Imp.	Home Imp.	Shaye: This Is It		Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According/Jim
	570	580	42 MM	(6:30) Muchmusic Countdown		MuchOnDemand (CC)		America's Best Dance Crew		disBAND	Video on Trial	Video on Trial
	600	564	45 H&G	House	House	Holmes on Homes (CC)		Million Dollar Listing (CC)		Bang, Buck	Genevieve	House
	615	520	51 A&E	Paranormal	Paranormal	Paranormal State (CC)		(:01) Criminal Minds (CC)		Psychic Kids: Paranormal		Paranormal
	628	584	52 SPKE	Blue Mountain	Blue Mountain	UFC Unleashed		UFC Unleashed		Blue Mountain	Blue Mountain	Mysteries
	521	560	52 TLC	Little Couple	Little Couple	Cake Boss (N)	Cake Boss	19 Kids-Count	19 Kids-Count	Little Couple	Little Couple	Little Couple
	616	522	53 SHO	Relic Hunter (CC)		A Sister's Secret (2009) Alexandra Paul, Cynthia Preston. (CC)				Drop Dead Diva (CC)		NCIS (CC)
	620	523	40 BVO	Opera Under the Stars (CC)		Law & Order "Paranoia"		Without a Trace (CC)		Mi Vida Loca ★★ (1993) Angel Aviles. (CC)		
	601	562	41 SLC	Wedding SOS	Wedding SOS	ET Canada	What	Real Housewives of Atlanta		Real Housewives OC		Runway
	520	505	42 DIS	License to Drill "Last Dash"		Daily Planet (CC)		Destroyed	Destroyed	License to Drill "Last Dash"		How It's Made
	522	506	44 HIS	Ancient Discoveries (CC)		Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients Behaving Badly		Crime Stories
	627	528	45 SPC	Fringe "Jacksonville" (N) (PA)		InnerSpace	Stargate SG-1	"Threshold"		Star Trek: Next Gener.	Star Trek: Voyager (CC)	
	294	650	57 TBS	The Office	The Office	Lopez Tonight (N)		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Parking Wars	Parking Wars	Rescue Ink "Pit Bull Killer"		Dog Whisperer (CC)		End of Leash	Bootcamp	Tube Tales
	603	561	62 FN	Good Eats	Good Eats	Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Hell's Kitchen (CC)		Good Eats
	-	-	63 AMC	Pitch Black	Daylight ★★ (1996, Action) Sylvester Stallone, Amy Brenneman.					Antwone Fisher ★★★ (2002) Derek Luke.		
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	320	621	30 CEN	(6:30) Karate Dog (2004) (CC)		Baby Mama ★★ (2008) Tina Fey. (CC)			(:40) The Hammer ★★ (2007) Adam Carolla.			Pettigrew
	581	566	101 MTV	Teen Mom (N) (CC)		MTV Live	Sex News	Taking the Stage (CC)		Teen Mom (CC)		MTV Live
	261	394	102 V	Unscripted	CrazyLove	Poltergeist: The Legacy		Moll Flanders ★★★ (1996, Drama) Robin Wright, Morgan Freeman. (CC)				
	-	-	105 MUL	My Queen	Immortal	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics' corner

Style by Jury
Meet Tammy, a single mother who's struggled with a bad marriage, substance abuse and other challenges. She's been clean for eight years now, but she still needs a lot of work on her look if she's going to make a good first impression. It's one of the biggest challenges yet for host Bruce Turner and the rest of the makeover team, but they rise to the occasion beautifully and give Tammy a dramatic transformation in this new episode. 9:30 PM on W

The Good Wife
As Alicia (Julianna Margulies) defends a husband accused of murdering a baby sitter, she and her family prepare for the outcome of Peter's (Chris Noth) appeal and his potential homecoming in the new episode "Hi." Christine Baranski, Josh Charles, Archie Panjabi and Matt Czuchry also star; James McDaniel ("NYPD Blue") guest stars. 10 PM on CBS, GTV

That's probably because 80 per cent of you contains polyurethane
Eleven weeks after her spate of plastic surgery operations, Heidi Montag admits that the healing process isn't going so well. "I'm very fragile. I'm not in a great place right now," she tells People magazine. **METRO WORLD NEWS**

Celebrity Buzz

etalk's Lainey Lui dishes out celeb dirt in three's

Three Talk
with Lainey Lui

KRISTEN STEWART. Kristen Stewart is most famous for playing the mooning angsty girl in love with a vampire in The Twilight Saga. Here are three things you might not know about Kristen Stewart:

ONE Her favourite book is John Steinbeck's East of Eden. Her dream is to play Kate, a woman who abandons her children to run a brothel.

TWO Joan Jett has said that Stewart's portrayal of her in the upcoming biopic The Runaways is impressively uncanny.

THREE Stewart landed the role of Bella on the recommendation of fellow actor Emile Hirsch.

Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games.

Gaga 'saved' by aunt's spirit

ELECTRO-ANGEL Lady Gaga was saved from cocaine addiction by the spirit of her dead aunt, femalefirst.co.uk reports. The eccentric star has revealed her life spiralled into a world of heavy drug use in a bid to replicate the lifestyles of her musical idols.

The singer would lock herself in her bedroom and snort "bags and bags" of cocaine for songwriting inspiration when she was starting out, but realized she was jeopardizing her life when she recalled her aunt Joanne, who died at 19.

Gaga — real name Stefani Joanne Angelina Germanotta — said: "I thought I was going to die. I wanted to be the artists I loved, like Mick Jagger and Andy Warhol, and I thought the only way to do it was to live the lifestyle. My cocaine soundtrack was always The Cure. I would lock myself in my room and listen to Never Enough on repeat while I did bags and bags of cocaine.

"But then I realized my father's sister Joanne … had instilled her spirit in me. She was a painter and a poet — and I had a spiritual vision I had to finish her business."

METRO NEWS SERVICES

Alba and Lohan BFFs?

THEIR CONVERSATIONS PROBABLY SOUND SOMETHING LIKE BEAKER AND BUNSEN FROM THE MUPPETS Just shy of her two-year anniversary, Jessica Alba is refuting rumours of a November kissing incident between her husband, Cash Warren, and Lindsay Lohan — and says she doesn't get as worked up about such tabloid "lies" as she used to, people.com reports.

"Lindsay's had to deal with this for so long," Alba, 28, tells the U.K. edition of Cosmopolitan for its March issue. "Everyone has to live their life, and that's what people forget when you're in this business — she's really nice. We hang out and chat for hours about girl stuff."

METRO NEWS SERVICES

'Lots of sex' in new Pattinson flick

AND I'M 100 PER CENT SURE THE PRODUCERS DIDN'T ASK HIM TO DISCUSS THIS AT ALL. NOPE. NOT EVEN ONCE. Robert Pattinson was nervous about his sex scenes with Uma Thurman in new movie Bel Ami, femalefirst.co.uk reports. The Twilight actor gets hot and steamy in the film but insists it was far from erotic because of the movie's plot.

"The sex scenes with Uma are kind of disturbing," he said. "Her character Madeleine kind of uses sex as a sort of weapon and my character thinks like an animal.

"There are a lot of sex scenes in this film, so I'm asking quite a lot of myself, and with lots of different people as well."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

SEAN "DIDDY" COMBS is tired, **LINDSAY LOHAN** is debunking tabloid reports, **AMANDA BYNES** is trying not to alienate anyone, and **LILY ALLEN** returns to Twitter.

@iamdiddy I haven't slept in 78 hrs. I'm going sleep now

@lindsaylohan I've never asked for a jet. With a bed on board to go to vienna hahahahahahaha

@amandabynes oh dear. now certain people are mad that i said i like chocolate versus vanilla. Vanilla's cool! Don't trip! I'm just really into chocolate

@lilyroseallen hello, I'm back.

METRO WORLD NEWS

club metro

WEEKLY REWARDS

MOROCCO CHOCOLAT

YOU COULD WIN A COPY OF *I HATE VALENTINE'S DAY* ON DVD AND A CHOCOLATE GIFT BASKET FROM MOROCO™

Visit clubmetro.com to redeem your rewards!

To register and for full contest details visit clubmetro.com

think Love, think Lindt Chocolate

Lindt

MAÎTRE CHOCOLATIER SUISSE
DEPUIS 1845

*Visit the **Lindt Boutique** for a wide selection of exquisite Lindt Chocolates and gifts at delectable deals.*

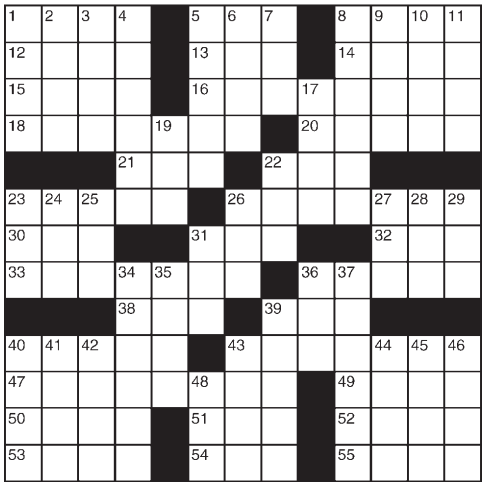
Vancouver Pacific Centre
701 Granville St., Vancouver
(Inside Sears, Main Level)
604.685.2151

For more information, please visit www.lindt.com

The Weather Network ©The Weather Network 2010
Today Variable 7° / 4°
Wednesday Showers 40% 7° / 5°
Thursday Rain 60% 7° / 6°
You have voted us #1 for best forecasts on TV. Thank you Canada!

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Annoys
5 Possess
8 Engrossed
12 Minimal change
13 Actor McBride
14 Shrek is one
15 Bloodhound's clue
16 Rowing team's commander
18 Harmful
20 Contract's conditions
21 Christmas tree, often
22 Thesaurus wd.
23 Judge's prop
26 Steve Martin's take on the Cyrano story
30 Praise in verse
31 Whatever number
32 Scull tool
33 Blood poisoning
36 Fencing move
38 Disencumber
39 Corral
40 Polygon calculations
43 Bill Amend's comic strip
47 Sports-page summary
49 — -tat-tat
50 Actress Falco
51 Owns
52 "Do — others ..."
53 Reply to "Shall we?"
54 Pigs' digs
55 Hollywood clashers

DOWN

1 PC picture
2 Start over
3 Kentucky fort
4 Discord
5 Happen
6 "Knock, knock. — there?"
7 Put the kibosh on
8 Ivanhoe's love
9 Culture medium
10 Stiffly neat
11 Sawbucks
17 Charon's river
19 Lubricate
22 Sauce source
23 Obtained
24 Commotion
25 Irritate
26 Genetic messenger
27 Opposite of "oui"
28 Kvetch
29 Before
31 Help
34 Obliterates
35 Catchall abbr.
36 Superman foe Luthor
37 False
39 Sentimentalized writings
40 First victim
41 Took the bus
42 Egress
43 "Animal House" group
44 Pealed
45 Director Preminger
46 New Mexico art colony
48 Surprise cries

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		3					5	
8	4						7	2
		9	3			4	6	
6				4	5		8	
				2				
	3		1	9				7
	1	4			7	5		
9	5						2	1
	2					8		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

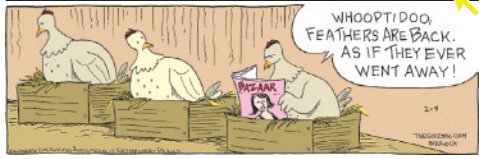
G	A	M	S	■	T	I	P	■
U	T	A	H	■	Y	M	A	■
R	O	S	Y	■	M	A	R	T
U	P	K	E	E	P	■	E	N
■	■	■	S	P	A	S	■	T
M	A	R	T	I	N	I	S	■
I	C	E	■	C	U	S	P	S
D	E	F	T	■	M	A	R	T
■	■	E	R	A	■	L	I	A
S	P	R	U	N	G	■	T	R
M	A	R	T	I	N	E	Z	■
O	P	A	H	■	A	V	E	■
G	A	L	S	■	W	A	R	■

A	B	L	E	■	■	■	■	■
S	E	A	L	■	■	■	■	■
A	R	T	I	A	N	S	■	■
T	R	E	E	■	■	■	■	■
T	I	S	■	■	■	■	■	■
S	K	E	W	■	■	■	■	■
I	K	E	■	■	■	■	■	■
I	N	E	T	■	■	■	■	■
■	■	■	■	■	■	■	■	■
T	R	O	P	I	C	■	■	■
N	A	S	A	■	■	■	■	■
I	T	L	L	■	■	■	■	■
C	H	E	F	■	■	■	■	■

4	7	5	9	3	1	2	8	6
2	3	8	6	7	5	4	1	9
1	6	9	4	8	2	3	7	5
3	8	2	1	5	4	6	9	7
9	1	7	3	6	8	5	2	4
5	4	6	7	2	9	8	3	1
8	9	1	5	4	3	7	6	2
6	5	3	2	1	7	9	4	8
7	2	4	8	9	6	1	5	3

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Mediterranean Burgers

INGREDIENTS:

1/2 lb (250 g) lean ground pork
1/2 lb (250 g) lean ground beef
2 cloves garlic, crushed
2 tbsp (25 ml) pine nuts, finely chopped
8 sun-dried tomatoes, chopped
2 tbsp (25 ml) fresh basil, chopped
Black pepper to taste
4 hamburger buns

GARNISH:

4 cherry tomatoes, thinly sliced
Salad greens of your choice

METHOD:

1. Mix ground pork and beef with garlic cloves, pine nuts, sun-dried tomatoes and basil. Season with black pepper. Divide mixture into four and shape into burgers.

2. Broil or barbecue 10-12 minutes or until golden brown, turning once. Put patties onto buns along with some greens and sliced tomatoes, then serve with salad.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You may be low on enthusiasm at the moment but that's okay because this is a time for calm consideration rather than swift action.

TAURUS ♉
APRIL 21-MAY 21
You may not be able to do as you please today but if it forces you to look for cheaper solutions it must be a good thing.

GEMINI ♊
MAY 22-JUNE 21
If one of your more cherished opinions is challenged today, make sure you defend it all the way.

CANCER ♋
JUNE 22-JULY 22
What you hear today may sound negative to begin with, but if you think about it a bit you will find yourself agreeing with much of it.

LEO ♌
JULY 23-AUG 23
Today's cosmic picture means you will be obliged to defend a point of view from an attack you feel is unjustified.

VIRGO ♍
AUG 24-SEPT 22
The one and only thing holding you back is fear, especially fear of the unknown. The way to overcome your fear is to force yourself to confront it.

LIBRA ♎
SEPT 23-OCT 23
You are who you are and there is no point trying to be someone different. Each sign has its good points and its bad points.

SCORPIO ♏
OCT 24-NOV 22
Think deeply about what it is you want from life. According to the planets you can gain subtle insights into what the future has in store.

SAGITTARIUS ♐
NOV 23-DEC 21
Don't travel too far from your home base today. You may want to be on the move but it won't be as easy as you think.

CAPRICORN ♑
DEC 22-JAN 20
You are always concerned about your security and the Sun in Aquarius in recent weeks has heightened the awareness.

AQUARIUS ♒
JAN 21-FEB 18
You know what is going to happen next. You have been through similar scenarios to this one many times in the past.

PISCES ♓
FEB 19-MARCH 20
There may be many explanations to what is going on in your world at the moment, but only one of them rings true.

This day in history

1943: Second World War: Allied authorities declare Guadalcanal secure after Imperial Japan evacuates its remaining forces from the island, ending the Battle of Guadalcanal.
1950: Second Red Scare: Senator Joseph McCarthy accuses the United States Department of State of being filled with Communists.
1964: The Beatles make their first appearance on The Ed Sullivan Show, performing before a "record-busting" audience of 73 million viewers.
1971: Apollo program: Apollo 14 returns to Earth after the third manned moon landing.

METRO NEWS SERVICES

borrow up to $1,500 instantly
mogo
for 30 days
apply now!
9 out of 10 approved
get your money as soon as tomorrow
Consumer Protection BC Licence # 50022
mogomoney.com
» money on the go

AIR CANADA VACATIONS

Blow-out Sale!

Book by Feb. 22, 2010.

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Oceanfront rm.
Feb. 19 & 26 • 1 wk.
$949
+Taxes & other fees (including service charges): $269

Breezes Bonanza • 3 1/2★
All-Inclusive
Run of the house
Feb. 19 & 26 • 1 wk.
$1099
+Taxes & other fees (including service charges): $269

CUBA

Varadero

Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
Feb. 19 & 26 • 1 wk.
$1029
+Taxes & other fees (including service charges): $212

Barceló Marina Palace • 4 1/2★
All-Inclusive • Junior suite
Feb. 19 & 26 • 1 wk.
$1049
+Taxes & other fees (including service charges): $212

DOMINICAN REPUBLIC

Punta Cana via Calgary

Grand Bahia Principe Punta Cana • 5★
All-Inclusive • Junior suite
Feb. 23 • 1 wk.
$1199
+Taxes & other fees (including service charges): $302

Grand Bahia Principe Ambar, Don Pablo Collection • 5★
All-Inclusive • Junior suite
Mar. 2 • 1 wk.
Adults only
PRIVILEGES
$1279
+Taxes & other fees (including service charges): $302

DEALS on CRUISES

Norwegian Cruise Line[1]
Norwegian Jade
Mediterranean Cruise
Flights to Barcelona via Toronto
Interior stateroom, cat. KK
Sept. 12 • 1 wk.
Complimentary gratuities & FREE seat selection[2]
$1659
+Taxes & other fees (including service charges): $479

Norwegian Cruise Line[1]
Norwegian Sun
Baltic Capitals Cruise
Flights to London via Calgary
Interior stateroom, cat. JJ
July 22 • 12 nts.
Complimentary gratuities & FREE seat selection[2]
$2749
+Taxes & other fees (including service charges): $694

This Valentine's, love is in the air

London via Toronto
Hotel Ibis London Earls Court • 3★
Breakfast • Standard rm. special
Mar. 4 • 3 nts.
$859
+Taxes & other fees (including service charges): $520

Save up to 30% to London & Paris[3]
Book between Jan. 22 and Feb. 15, 2010 for travel from Jan. 22 and completed by Mar. 31, 2010.

PRINCESS HOTELS & RESORTS

DOMINICAN REPUBLIC

Punta Cana via Calgary
Bavaro Princess All Suites Resort, Spa & Casino • 4 1/2★
All-Inclusive • Suite
Mar. 2 • 1 wk.
$1049
+Taxes & other fees (including service charges): $302

MEXICO

Cancun/Riviera Maya
Grand Riviera Princess All Suites Resort & Spa • 4 1/2★
All-Inclusive • Deluxe junior suite
Mar. 20 • 1 wk.
$1399
+Taxes & other fees (including service charges): $275

Grand Riviera Princess All Suites Resort & Spa

CONNECT FREE[4] Cranbrook • Castlegar • Kamloops • Kelowna • Nanaimo • Penticton • Victoria

Fly in style – Upgrade to Executive Class® service

PRIVILEGES
FREE advance seat selection and exclusive features

aeroplan
Earn up to 9,050 Aeroplan® Miles per member†

Find us on facebook twitter

Princess HOTELS & RESORTS

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Feb. 9 & 13, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Vancouver International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. BC registration #32229. †Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Vancouver to London via Toronto, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]NCL Corporation Ltd. ships' registry: The Bahamas and United States of America. [2]Complimentary gratuities & FREE seat selection applicable to select 2010 sailings aboard the Norwegian Jade & Sun. Applicable to the first and second passenger in each stateroom. [3]Air & Hotel packages of three nights or more to London and Paris only. [4]Available in conjunction with flight-inclusive packages. Non-stop flights via Vancouver. Excluding USA & Europe destinations. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.